

BBC

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October 2011  
AED 15

100+ recipes  
inside!



# GoodFood

## *Sweet tooth*

MIDDLE EAST

- \* Ultimate chocolate indulgence
- \* Cute, creative cupcakes
- \* No tricks, just treats



FREE  
SHOPPING LIST  
BOOKLET!



AMAZING KID'S  
birthday party!

John Torode's  
seafood curry

MAKE IT SNAPPY:  
quick, easy dinners



JAMES MARTIN'S ROAST



GET COOKING WITH DALIA



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**Miele**  
IMMER BESSER

**Publisher**  
Dominic De Sousa

**Chief Operations Officer**  
Nadeem Hood

**Sales Director**  
Lindsay Moulin  
lindsay@cpidubai.com

**Sales Managers**  
Carol Owen  
carol@cpidubai.com

Sibel Erol  
sibel@cpidubai.com

**Editor**  
Lauren Hills

**Designer**  
Odilaine Salalac Mejorada

**Marketing & Communications**  
Marizel Salvador

**Distribution Manager**  
Rochelle Almeida

**Photographer**  
Cris Mejorada

**Web Developer**  
Louie Alma

**Contributors**  
Dave Reeder, Suzanne Husseini,  
Liesa Euton, Mike Harrison, Carole  
Holditch and Nausheen Noor

**Subscriptions**  
subscribe@bbcgoodfoodme.com

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**Head Office**  
PO Box 13700  
Dubai, UAE  
Tel: +971 4 4409100  
Fax: +971 4 4293654  
Web: www.bbcgoodfoodme.com

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#### UK TEAM

**Editor**  
Gillian Carter

**Creative Director Food Group**  
Elizabeth Galbraith

**Publishing Director**  
Alfie Lewis

**Managing Director**  
Peter Phippen

**Head of International Development**  
James Hewes (james.hewes@bbc.com)

**International Partners Manager**  
Linda Ligos

NOMINATIONS ARE NOW OPEN!

Back by popular demand, now is  
your chance to get online and  
nominate your favourite  
restaurants, brands and shops in  
the second annual *BBC Good  
Food ME Awards*. See page 54.



## EDITOR'S NOTE



## Sweet tooth

If you are like me, no dinner is complete with a spoonful of something sweet and indulgent at the end of the meal. Sometimes just a cappuccino with a teaspoon of sugar will do, but often, if the option for a white chocolate cheesecake (West 14th's is to die for) or tiramisu (Caffe Florian, DIFC is my pick) is on the menu, I just can't say no. While you cannot indulge in these guilty pleasures too often, and a

rigorous gym session the next day is often needed, this issue is the time to leave all inhibitions at the door and succumb to your dessert, pudding and sweet cravings.

Enjoy Dalia Dogmoch's cooling crème coconut dessert on page 60 this Diwali or tuck into treats rather than tricks on page 71 this Halloween. If chocolate is your weakness, I suggest you look to page 90 for mouth-watering eye candy and create our decadent chocolate cake cover star.

The mag is, as loyal readers will know, all about balance, so this issue is still packed with the easy, healthy everyday recipes for you and your family, and our nutritionist Carole Holditch tells us how to make healthier sweet and tasty choices when those cravings hit and you don't want to succumb.

We are excited and proud to launch the BBC Good Food ME Awards this month. Celebrating the best of dining out and cooking at home in the UAE, now is your chance to nominate your favourite restaurants, brands and shops. View the categories on page 54 and get online today to see more details and get nominating!

Relax, enjoy and savour *BBC Good Food ME*,

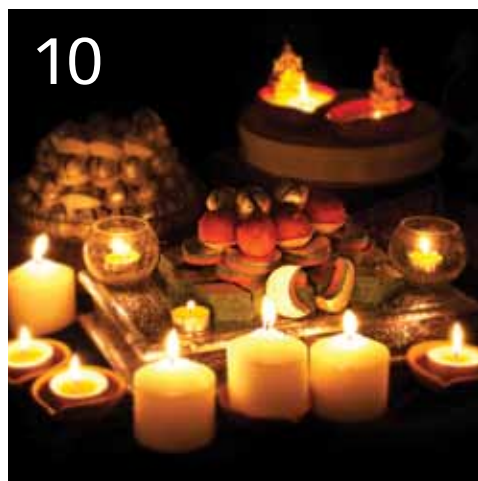
Lauren Hills, Editor  
lauren@cpidubai.com



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### 110 LAST BITE

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90

## Our recipe descriptions

- V** Suitable for vegetarians
- F** You can freeze it
- N** Not suitable for freezing
- P** Contains pork
- A** Contains alcohol
- ✓** **Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or counts as one or two portions of your recommended 5-a-day fruit and vegetables.
- Low fat** 12g or less per portion.
- Good for you** Low in saturated fat, low in salt.
- Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

## TAKE CARE!

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for this symbol:

- contains pork **P**
- contains alcohol **A**

# Crazy for competitions

Win luxury hotel stays, gourmet dinners, foodie hampers and more...



## WIN AN OVERNIGHT STAY AT GRAND MILLENNIUM DUBAI WITH DINNER FOR TWO AT TOSHI!

Enjoy a one night stay for two people in a superior room at Grand Millennium Dubai, an elegant deluxe hotel in TECOM, close to Dubai Marina. Plus, you can enjoy dinner for two at TOSHI to experience the exotic tastes of Asia and a beautiful view of Dubai.



## WIN DINNER FOR TWO AT PAX, DUSIT THANI DUBAI

Overlooking the heart of Dubai, PAX provides a stylish Italian setting where the views are breathtaking and the food is delectable. Boasting an extensive wine list and tempting Italian bites, PAX is the perfect place for a beautiful evening.



## WIN A HALLOWEEN MAZINA SATURDAY BRUNCH FOR TWO AT THE ADDRESS DUBAI MARINA

You and your children can learn to carve pumpkins as you scare the others with scary costumes and masks and share ghost stories. All this plus delicious food and beverages and a whole host of fun unfolds at Mazina this October during Saturday family brunch.



## WIN AN OVERNIGHT STAY AT MEDIA ROTANA HOTEL WITH BREAKFAST AND DINNER AT CHANNELS

Strategically located in the heart of Dubai's new business hub, the hotel boasts 460 spacious rooms and fully-equipped meeting rooms with the latest audio-visual equipment. Get the chance to dine at the fun and relaxed Channels, the hotel's stylish all day dining restaurant.



## WIN BRUNCH ON BATEAUX DUBAI FOR YOU AND THREE GUESTS VALUED AT ALMOST AED 2000!

Bateaux Dubai, with its fabulous cruise dining experience, outstanding service and creek-side views is the perfect way to embrace all the joys of Dubai. This exclusive brunch takes place on the first Friday of the month and offers a beautiful seafood buffet, fitting for the cruise theme. Setting sail at 12.30, guests can enjoy a three-and-a-half hour cruise to take in the sights, while enjoying the sumptuous selection of food and beverages on offer.



## WIN A BEABA APPLIANCE AND A COOKBOOK VALUED AT OVER AED 1000

The Beaba appliance is a one-of-a-kind, patented compact countertop appliance that functions as a steamer, blender, warmer and defroster to prepare fresh, healthy meals for your baby. Together with an 85 page, full-colour, step-by-step recipe book specifically designed for the Babycook appliance, your baby's mealtime has never been easier or healthier.

## WIN A JAZZSUMPTUOUS BRUNCH FOR 2 INCLUDING BUBBLY AT IBN BATTUTA GATE HOTEL

The 'JazzSumptuous' brunch offer includes a wide range of culinary treats and free flowing Laurent Perrier bubbles. Five international restaurants in the hotel are participating giving you the chance to sample speciality dishes from China, Italy, India and Morocco, following in the footsteps of the namesake explorer.



## WIN DINNER FOR TWO AT LE BISTROT RESTAURANT AT LE MÉRIDIEN ABU DHABI

Awaken your senses with an amazingly tasty organic cuisine specially created by French Chef Thierry Gallas who will guide you through a unique 'green culinary experience'. He uses organic and locally sourced produce to rediscover the true flavours of food. Enjoy the beautiful terrace with a view on our chefs patch garden.



## WIN ALL YOU CAN EAT DINNER FOR TWO AT LE MERIDIEN VILLAGE TERRACE

Set in a piazza, the Méridien Village Terrace offers themed cuisine evenings with a live band playing in the background to keep you entertained as you dine and dance the night away under the stars.



To stand a chance to win these prizes visit our competitions page on [www.bbcgoodfoodme.com](http://www.bbcgoodfoodme.com) and fill out the forms; it is so easy to do!





The perfect blend of  
style and versatility



The Kenwood **True** blender's incredible versatility means you can create more in the kitchen and still have time to relax.

With a large 2 litre jug for creating family-sized portions, as well as a powerful 600 watt motor, variable speeds and a dedicated ice crushing function, the Kenwood **True** blender makes light work of food preparation. The BL480 Blender also has two separate stainless steel lined mills, one for grinding spices and coffee, one for grating cheese, chocolate and coconut. What's more, the easy clean design means that clearing up afterwards will take no time at all too.



\*Source: GfK 10 Countries 2010, by value – excl. Juicers

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# Top 10 foodie moments

From top restaurants to try, quirky foodie moments, the best deals in town and nutritious information, *BBC Good Food ME* keeps you in the know

## 1 Cute as cupcakes

There is nothing quite like the perfect cupcake. A moist-but-crumblly base topped with melt-in-your-mouth icing; what could be more blissfully satisfying? We have some wonderful cupcake recipes on page 106, but if you'd rather purchase your flavour of choice, we give you the low down on our top three cupcake shops in Dubai. Enjoy!

**Magnolia Bakery**, located in Bloomingdales Home, Dubai Mall certainly makes it onto our list. Their exquisite cupcakes reflect the old fashioned homely vibe of the place. This October is a special month as Magnolia introduces two signature cupcakes; one, elegant and pink, in support of breast cancer awareness and the other a fun, sparkling NYNY cupcake to celebrate Bloomingdales massive New York, New York campaign.



**Kitsch Cupcakes** flies into our favourites list with their mini, regular and giant-sized cupcakes. Whether you're craving a small taste sensation or something yummy and more substantial to tame your hunger, you won't be disappointed.



These adorable cupcakes, sprinkled with love hearts, edible glitter and delicious icing, are just beautiful.

A place where perfecting the art of cupcakes has become the norm, you'll be spoilt for choice at **Sugar Daddy's Bakery**. There are over 25 flavours to choose from, but what we're most excited about is that you can have a go at making your own cupcakes at the 'Mix Batter & Bake' store in Park Island, JBR - ideal for kids and adults alike. This month is a big one for the store too, as it introduces its new name: 'Hey Sugar'.



## 2 Diwali delights

Diwali, the festival of lights, falls on 26 October 2011 and is one of the most significant festivals of the Hindu calendar. A time for celebration, families get together by candle light and indulge in *mithai* or sweets. The mouth-watering goodies range from *motichoor laddoo*, the most famous of all Indian sweets with flavours of cardamom, pistachio and a touch of saffron to *ras malai*, home-made curd cheese served in sweetened cream sauce.

If you are on the hunt for traditional Indian sweets in the UAE, then Chhappan Bhog, which has outlets in Dubai, Sharjah and Abu Dhabi is the perfect choice. For some Diwali dinner party inspiration, get inspired by a dish from Indego by Vineet on page 46, or get cooking with Dalia Dogmoch on page 60.



## foodie moments

# U can do it - u concept, DIFC

3

When you step into u concept, DIFC, with its retro furniture, grunge-chic décor and inviting coffee bar, you most definitely don't feel like you have entered a gym. At least not your average gym! A unique health and fitness concept, in a very funky setting, u concept opened in DIFC last month to offer personal training, group sports specific training, corporate training and sports/physical therapy in a hip, trendy setting.

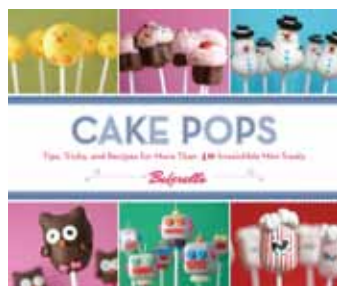
U concept is fitted out with functional equipment that is unique to the UAE, a running track, MMA Cage (for boxing and mixed martial arts), a functional climbing area, and a DJ booth too.

Coming soon under the u concept umbrella is u fuel, which is the nutrition-driven restaurant/café concept that delivers healthy and quick service breakfast and lunch options. In-house nutritionists are on call to educate u concept members about proper nutrition.

# 4 Lovin' the LOLLICAKES

We at *BBC Good Food ME* love these bite-sized cakes on a stick, and we're not the only ones! It seems as this new craze has gripped America and is heading straight for Dubai. Make your own 'lollicakes', 'cake pops' or 'cakesicles' and be creative with colours, themes and flavours.

Get the kids involved and try your hand at a tiramisu batch, red velvet or even vanilla cheesecake. First whip up a sponge and crumble it into pieces. Add some icing, cream cheese or melted chocolate (whatever flavour takes your fancy) to the crumbled cake to produce a very moist sponge and mix well. Roll into small balls and place in the fridge/freezer to cool. Once firm push a stick through the bottom on each cake ball and frost with your desired icing. Voilà!



# 5 Fruity tricks



**Have you spent too much time trying to de-seed a pomegranate to be left with juice stains on your counter, hands and even clothes? Here is a quick and painless solution:**

- 1 Fill a bowl with cold water and slice the crown off the top of the pomegranate.
- 2 Score the skin to create four quarters, but don't cut all the way through, as this will damage the seeds.
- 3 Place the scored pomegranate into the water and pull the quarters apart.
- 4 Use your thumb to loosen the seeds from the white membrane a quarter at a time.
- 5 Allow the seeds to sink to the bottom and the white membrane and pith to float to the top.
- 6 Skim the top of the water, then pass the seeds through a sieve and wash with fresh water.

**Mangoes are so delicious but a pain to cut due to the large stone in the middle. Try this 'hedgehog' method and enjoy more hassle free mango salads:**

- 1 Use a sharp knife and slice the mango lengthways just off the centre line. Repeat on the other side, leaving two side pieces and the centre piece containing the seed.
- 2 Score 3 or 4 lines across and 3 or 4 lines down the two side pieces forming a grid (Be careful not to break through the skin).
- 3 Once you've scored the two sides, push the skin with two thumbs to flip it inside out. Repeat with the other mango side. You will then be left with two little mango hedgehogs!
- 4 Now spoon off the individual cubes and enjoy.



## foodie moments



### All aboard the Bateaux Dubai

Experience 360 degree views of the stunning Dubai Creek by night on the Bateaux Dubai supper cruise. Sit at the Captain's Table, the most exclusive position onboard, and enjoy a selection of freshly-prepared gourmet cuisine.

Executive chef Alexander Fries has re-vamped the menu with his lemon oil poached salmon and goat's cheese galette with potatoes and crispy shallots. An old favourite, the bitter chocolate fondant remains and is accompanied to perfection with a roasted almond ice-cream. The whole menu is diverse and very delicious, it'll be a struggle to decide what to choose!

On the prestigious Captain's Table you will also be treated to champagne sorbet, specialty coffees and even cognac and port while receiving a personal visit from the chef himself.

*The Captain's Table sits up to eight guests, at a total price of AED 4 500, or six guests for AED 3 600. For reservations contact 04 399 4994.*



Now that the severe heat is subsiding and we're approaching the cooler months of the year, it is time to dust off those barbecues and enjoy being outside again.

For those who would rather dine out than get the grill going at home, **The Address Dubai Mall**, is hosting a seafood night every Thursday at the all-new Na3Na3 terrace. And, Cabana, its poolside venue makes a great alternative to a traditional brunch with a barbecue feast of grilled firecracker prawns and fajitas.

We also recommend the idyllic Saturday terrace BBQ at **Park Hyatt Dubai**. Open

from 13.00 to 17.00, you can enjoy a vast assortment of antipasti, Argentine beef parrilladas, grilled jumbo squid and mustard and tarragon marinated chicken.

For AED 280 you can eat until your stomachs are content and keep refreshed by the free flowing ice cold beer - we can't wait to dig in!

### 8 All that jazz

If you love live jazz and good food, then the JazzSumptuous Friday brunch at Al Bahou, Ibn Battuta Gate Hotel, is just the place for you.

For AED 495 you can sample dishes from China, Italy, India and Morocco and enjoy free-flowing Laurent Perrier bubbles. Help yourself to the scrumptious European cheese and premium meats selection, Cantonese Peking duck, sushi bar and a whole room dedicated to sweets and desserts, complete with not one, but two chocolate fountains.

Not stopping at the scrumptious food, the incredible jazz singer is a must-see. Singing throughout the meal, Ptah brings the room to life as she sings jazz, blues, soul and reggae.

*Packages range between AED 295 and AED 495, for reservations call 04 444 5613 or book online at [www.thegoodlife.ae](http://www.thegoodlife.ae).*





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## The future of cooking?

"The most important book in the culinary arts since Escoffier," said Tim Zagat, co-founder and publisher of Zagat Restaurant Guides. "This book will change the way we understand the kitchen," said molecular gastronomy master Ferran Adrià.

Dr Nathan Myhrvold's book *Modernist Cuisine: The Art and Science of Cooking* has certainly gained some incredible reviews; we find out what the fuss is about.

A cookbook for the 21st century, the book is a six volume bible, made up of a staggering 2,400 pages, with the bold task of explaining, teaching and exploring the intriguing science behind cooking. Myhrvold and his 20-person team have created astounding new flavours and textures using tools such as water baths and homogenisers and ingredients including hydrocolloid and emulsifiers.

Whether you are an experienced chef or an inquisitive home cook this book will give you a new insight into the culinary world by using step-by-step instructions, clear explanations and fantastic illustrations.

Learn the latest about gels, emulsions and foams - plus recipes to try out your new impressive skills. Take your pick from the 300-page section of new dishes and create something extraordinary.

10

## Oktoberfest celebrations

Following in the tradition of the age-old German festival, Dubai offers you a chance to celebrate Oktoberfest in style.

This 200-year-old festival is held annually in Munich and lasts over 16 days. The largest fair in the world, a staggering 5 million people attend it each year. During this period only beer brewed in the city is allowed to be served, given the official label of 'Oktoberfest beer'. Festival goers are treated to a large variety of foods such as, *schweinshaxe* (grilled ham hock), *steckerlfisch* (grilled fish on a stick), *wurst* (sausages) along with *brezn* (Pretzels) and *knödel* (potato or bread dumplings). Bavarian delicacies such as *obatzda* (a spiced cheese-butter spread) and *weisswurst* (a white sausage) are also very popular.

Grab your pair of lederhosen or dirndl and eat, drink and dance the night away at Hofbräuhaus, JW Marriott Dubai. Our favourite Bavarian feast in Dubai, tuck into their white sausage with creamy mustard sauce all the while enjoying the authentic décor and live German band. The party continues throughout October- don't miss it!

Packages start from 230AED, for reservations contact 04 607 7977 for more information or to make your bookings.



ADVERTISING FEATURE

# Sizzling Shang Palace

Shangri-La Hotel Dubai recently welcomed a new chef de cuisine to its signature restaurant Shang Palace. With 20 years experience, chef Mok Wan Lok looks forward to showing restaurant-goers of Dubai what true Chinese food is all about



Bringing 20 years of experience and a wealth of knowledge about Chinese cuisine, before locating to Dubai, chef Mok Wan Lok spent much of his career in Singapore and Hong Kong. He has also had experience in Malaysia as Chinese sous chef at Mandarin Oriental, Kuala Lumpur.

Chef Mok brings exciting new dishes to Shang Palace and you can expect some fantastic authentic dishes steaming with gorgeous flavour.

His signature dishes include deep fried hammour fillet with sweet and spicy sauce; pan fried beef short ribs with onion and black pepper sauce; and stir fried scallops with egg white and milk.



### SHANG PALACE SPECIAL! DIM SUM DELIGHTS

You can enjoy unlimited dim sum, with chef recommendations changing weekly. Perfect for a speedy business lunch or take your time with friends.

Priced at AED 88 per person and available from Sunday to Thursday between 12.30 and 14.30.

# Off the shelf

Some top accessories, gadgets, goodies and appliances to keep your cooking and eating that much more exciting



## PERCHING PRETTY

Create a stylish tea party for friends with this elegant cake stand from Tavola. Available in a range of styles, there are some lovely designs available.

## A CUT ABOVE

Organise your kitchen with this knife set and stand from Crate & Barrel.



## GET POPPING

Have you been inspired by the recent cake pops trend? If so, get online to [bakerella.com](http://bakerella.com) to find some delicious recipes and to purchase the *Cake Pops* book that is filled with tips, tricks and over 40 recipes.



## DELICIOUS, CONVENIENT COFFEE FROM MIELE

To the delight of coffee lovers who enjoy exquisite design and superb convenience, Miele is now offering its first countertop coffee maker, the CM5. You can create espresso, double espresso and Americano coffee, and with the hot milk and light milk froth options, you can create the perfect cappuccino or macchiato with ease.

*The CM5 is available in the new MIELE Gallery located at the ground floor Sama Tower, Dubai World Trade Centre roundabout. For more information, call 800-MIELE.*



## A CHEF IN THE KITCHEN

The Kenwood Cooking Chef is a whiz for culinary versatility. Create mousses, fondants, sorbets, macaroons and more with this stylish, efficient kitchen machine.

## STYLISHLY HYDRATED

Friends coming over, but you don't want the unsightly plastic water bottler on the table? These water carafes from Tavola are practical and pleasing on the eye too. Why not throw in some slices of strawberry or lemon into the carafe for some lovely flavours.



## FAT-FREE FRYING

The fabulous AirFryer from Philips has been on all of our radars for its fat-reducing frying capabilities.

Perfect for creating low-fat snacks your kids will love, use the Philips AirFryer to whip up some after-school treats.



## COASTING ALONG

We love these fun festive coasters from Bloomingdales Home, Dubai Mall. In vibrant colours and patterns, these would look fabulous on your Diwali dinner party table.



## TIME-FOR-TEA TOWELS

If you're in the mood for tea and cake this month, keep the theme going with these bright tea party-inspired dish cloths from Crate & Barrel.






# PAUL

MAISON DE QUALITÉ  
FONDÉE EN 1889

## Chocolate fantasy

Celebrating one of the most popular ingredients of all time,  
enjoy exquisite cakes and mouth-watering desserts bursting  
with chocolate goodness during the month of October



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[paul-uae.com/facebook](http://paul-uae.com/facebook)

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# Ask us!

This month our resident culinary whizz answers your queries on the wonderful world of herbs and gives you some useful info about kitchen equipment

**I just purchased and planted a rather big Italian basil plant. Today I made pesto (same recipe I always use) but it is very bitter. Is there a way I can sweeten the pesto so it's not bitter?**

The general consensus is that basil leaves get bitter as the plant ages. I don't think there's any way to change the plant; some varieties are just bitterer than others. You might try adding just a pinch of sugar to the pesto that you make from it.

**I'd love to plant coriander, basil, mint and blueberries in my garden, as I did in America. Will they thrive in sandy soil? What spices would you recommend for such soil?**

Most plants enjoy a sandy loam so if you work some compost into the sand you will probably have more success than straight sand. I think you would better try woody herbs like rosemary or tarragon, even lavender, rather than the tender leaf ones you mention. It certainly couldn't hurt to try to grow whatever you want, especially as the weather cools. If they fail, then you'll know.

**Is a stock pot the same as a Dutch oven?**

No, a stock pot is a large, deep, straight-sided pot for preparing stocks and simmering large quantities of liquid on the stove top. A Dutch oven is shorter, thick-walled (usually cast iron) pot with a tight fitting lid. Commonly referred to as a 'camp oven', it is meant for braising or slow-cooking and can be used in either the oven, stove top or directly over hot coals on a campfire.

**I have recently been given a George Foreman grill. What do you think the best way to cook chicken with it is?**

Remember to spray your Foreman grill before each use so there is no sticking, and then you can season the grill to add flavour. Alternatively, get

creative and add herbs and liquids the way you would in a BBQ grill. You can also put rosemary branches (yes, branches and leaves) under the chicken skin and while it is cooking, drizzle it with honey and add salt and pepper. You can do the same with orange juice, sage and cinnamon.



**By looking at the shape, texture, structure, colour, growth pattern of the mint plant that we've been given, how would we know which type it is? I'm certain it's either peppermint or spearmint, but how to be sure?**

Mints can be confusing. The best key in determining whether you have peppermint or spearmint is the colour of the flowers; peppermint has purple blossoms while spearmint flowers are white or pink. I've also noticed that the peppermint I grow has much darker green leaves than spearmint does.

**What is a nonreactive saucepan?**

A nonreactive saucepan is one that is made from stainless steel, glass, or ceramic materials. As are those coated with Teflon. They're called nonreactive because when these materials come into contact with food, they don't react with acidic ingredients the way copper and aluminium do. Stainless steel, glass, ceramics and Teflon are highly resistant to chemical attack. And as you might expect, different materials have different advantages and disadvantages.



## DID YOU KNOW...

Zespri Kiwifruits from New Zealand, which are now available in the UAE, are known as the super superfruit. This means that you get more vitamins and minerals per gram and per calorie of kiwifruit than most other fruit. It has more vitamin C than an orange, one-and-a-half times the vitamin E as an apple, more potassium than a banana and four times the amount of fibre as a celery stick!

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# Modern flavours of Arabia

From classic Emirati dishes, to modern interpretations, *Suzanne Husseini* explores the diverse, simple ingredients of the authentic Arabian kitchen

Visiting the spice souq in Deira will take your breath away as you experience the enchanting aromas of the Arabian kitchen. You'll find sweet cinnamon, pungent cloves, cumin, coriander, saffron, thyme, turmeric and the indispensable cardamom. A combination of these spices in the right quantities infuses the famous dishes of the Emirates like *machboos* (rice dish with meat or fish), *salona* (vegetable stew), *harees* (thick meat and wheat cooked to a porridge consistency) and *m'hammar* (sweet rice with dates and fish).

All these dishes tell a delicious story of a people who endured the hardships of living in a severe climate with limited resources. The Arabs were skillful traders and opened the spice route to welcome diverse colours and tastes of India, Persia, and Africa. New civilisations brought with them new ingredients and techniques that impacted the cuisine of the Gulf countries and particularly the Emirates.

Many people don't get a chance to sample this lovely, simple cuisine. You often see mounds of rice topped with meat and that is understood as Emirati food. While it is true that today the base of many meals is rice, but it wasn't always that way. Barley and wheat (*jareesh*) were the grains available long ago and sometimes, when cooked with vegetables or meat, it became the famous dish called *harees*, which remains one of the most beloved dishes to this day.

Living along the Gulf coastline, the sea was crucial to survival. Trading and pearl diving (a gruelling and dangerous occupation), was the main source of livelihood for so many. The sea provided abundance of food and it is why so many dishes in the Emirates highlight fish and seafood.

Meat was precious to the original Bedouin tribes and their diet consisted of dates and milk or yoghurt. The date is the special fruit that was ever present and treated with love and care. The date palm was a constant, and it still revered today for not only the sweet, sticky nutritious fruits it bares, but also the leaves and fronds. This tree of life gave shade, and its leaves were used to create a roof to protect the people of the desert from the scorching sun, while other parts of the palm were weaved into rope and baskets. This was the ingenious way people used their resources for survival.

Life in the Emirates and the rest of the Gulf was to change forever after the discovery of oil. The sudden wealth brought with it many blessings, but it also changed people's lifestyle and most profoundly their way of eating.

Produce is abundant, meat is plentiful and you can find just about anything your heart desires in the Emirates today. Some of the best restaurants dish out exceptional food and with one phone call you can have anything delivered. Fast food chains have also picked up on the opportunity and people are hypnotised by the aromas of fat- and salt-laden foods.

All that indulging is starting to show. Childhood obesity has become a scary statistic in the Emirates as is Type 2 Diabetes. Both these can be avoided by changing your diet and lifestyle. We are what we eat...

I've had the privilege of sharing a wonderful meal with a dear Emirati grandmother who said to me that her grandchildren don't eat this traditional food anymore, and prefer the food that comes delivered in the box that they devour very quickly. She wonders why they are always in such a hurry.

I looked into her eyes and understood her sadness. The traditions of food are profound and a person's culture lives on by continuing to cook and share the timeless dishes. And with it comes stories and history; what you eat tells a lot about who you are.

We ate *m'hammar* with fried fish that day along with many other delicious dishes. I've made my own interpretation of that same dish that I think sums up the story of the Emirates. It is a savoury rice dish kissed with the natural sweetness of dates and infused with the spices and flavours of Arabia. It is topped with grilled fish and served with the perfect condiment; a classic spicy salsa.

A sumptuous dish and great for sharing, compliments of the Emirates, the land of hospitality.

*Suzanne Husseini is a Dubai-based TV personality, celebrity cook and author of When Suzanne Cooks, a book filled with modern Arabian recipes. The book is now available in Arabic. For more information about Suzanne you can visit [www.suzannehusseini.com](http://www.suzannehusseini.com), or follow her on Facebook.*

“We ate *m'hammar* with fried fish that day along with many other delicious dishes. I've made my own interpretation of that same dish that I think sums up the story of the Emirates. It is a savoury rice dish kissed with the natural sweetness of dates and infused with the spices and flavours of Arabia.”



## Fish and Rice Pilaf with Caramelised Onions

8–12 SERVINGS

**1 kg sea bream fillet (6 pieces)**  
**1 kg salmon fillet (6 pieces)**  
**2 tsp cumin**  
**2 tsp coriander**  
**1 tsp paprika**  
**salt and pepper**  
**a handful of flour**  
**1/2 cup peanut oil**  
**1/2 cup peanut oil**  
**8 medium onions, sliced thin**  
**8 cups fish stock or chicken stock**

**1** Season the fish with the cumin, coriander, paprika, salt and pepper. Dredge with flour. In a large skillet heat 1/2 cup peanut oil and fry the fish until golden crisp on both sides and cooked through. Remove and place on paper towels to drain. Set aside while you prepare the onions and rice.

**2** In a large skillet pour in 1/2 cup of peanut oil on medium heat and fry the onions in batches until crispy and golden brown. Be careful not to overcook. Remove the onions and drain on absorbent paper. Take a big handful and put aside for the garnish.

**3** Heat the stock in a large pot and drop in the fried onions to release their brown color and sweetness. Remove onions with a slotted spoon, place them in a food processor and pulse a couple of times to break them into a chunky paste. Season the stock with the coriander and cumin, turmeric, cinnamon and salt and pepper. Taste to adjust the seasoning.

**4** In a large 6-quart pot heat the butter and add the drained rice. Sprinkle in the saffron threads. Add the puréed onions and 1 cup of toasted pine nuts and stir well to combine. Pour enough of the seasoned stock to cover the rice completely. Put on the stove and allow to come to boil. Reduce heat, cover and let simmer until the rice is cooked and all of the liquid is absorbed. You may need to add some more stock or water. Turn off the heat when it is done and keep covered to rest before serving.

**5** Preheat the oven to 190°C. Reheat the cooked fish before serving on top of the rice. Garnish with the remaining pine nuts and reserved crispy onions. Two handfuls of fresh pomegranate seeds is the perfect finish.



## Mixed Citrus Salad

6–8 SERVINGS

**1 pink grapefruit**  
**3 oranges**  
**3 limes**  
**6 lemons**  
**1 red onion, sliced thinly**

Peel all the citrus fruit by first cutting off the tops and bottoms. Place the fruit on the cutting board and slice off the peel in strips removing the white pith. Go all the way around. Cupping the orange in one hand and using a very sharp paring knife cut out the segments lengthways to release them between the membranes. Place all the fruit on a nice serving platter. Add the onion slices. Scatter the parsley and mint. Season with salt and pepper. Mix the orange juice and olive oil and drizzle on top of the citrus fruits. Serve immediately. Delicious with fried or grilled fish.





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# Make it tonight

Want to make your food budget go further? We've created a week of satisfying and affordable family lunches, suppers and snacks

Recipes ROSIE REYNOLDS

Photographs CHARLIE RICHARDS

Sunday



Quick and healthy lunch

## Mediterranean sardine salad

SERVES 4 • PREP 15 mins • NO COOK

**Easy** **Superhealthy** Heart healthy, good source of omega-3 and calcium

- 90g bag salad leaves
- handful black olives, roughly chopped
- 1 tbsp capers, drained
- 2 x 120g cans sardines in tomato sauce, drained and sauce reserved
- 1 tbsp olive oil
- 1 tbsp red wine vinegar

Divide the salad leaves between 4 plates, then sprinkle over the olives and capers. Roughly break up the sardines and add to the salad. Mix the tomato sauce with the oil and vinegar and drizzle over the salad.

PER SERVING 140 kcals, protein 10g, carbs 1g, fat 10g, sat fat 2g, fibre 1g, sugar 1g, salt 0.90g

## TIP

Pack some salad into a baguette for a satisfying and nutritious take-to-work lunch.



## Cauliflower & macaroni cheese

SERVES 4 • PREP 10 mins •

COOK 20 mins **Easy** **V** **Gluten-free**

- 250g/9oz macaroni
- 1 head cauliflower, broken into pieces
- 25g/1oz butter
- 2 tbsp plain flour
- 2 tsp English mustard powder
- 450ml/16fl oz milk
- 100g/4oz cheddar, grated

- 1** Cook the macaroni following pack instructions, adding the cauliflower for the final 4 mins.
- 2** Melt the butter in a pan, then stir in the flour and mustard powder and cook for 2 mins. Gradually add the milk, stirring all the time to get a smooth sauce. Add three-quarters of the cheese and some seasoning to the sauce.
- 3** Drain the macaroni and cauliflower and stir into the cheese sauce. Transfer to an ovenproof dish, then sprinkle over the remaining cheese and flash under a hot grill until golden and bubbling. Serve with a green salad, if you like.

PER SERVING 446 kcals, protein 19g, carbs 57g, fat 17g, sat fat 10g, fibre 2g, sugar 7g, salt 0.68g



Monday

Comforting evening meal

### Sausage & bean casserole

SERVES 4 ● PREP 15 mins ●  
COOK 50 mins **Easy**

- 1 tbsp vegetable oil
- 8 chicken sausages
- 2 celery sticks, chopped
- 2 carrots, chopped
- 1 onion, chopped
- 1 tbsp tomato purée
- 400g can butter beans
- 400g can baked beans in tomato sauce
- ½ small bunch thyme
- 200ml/7fl oz hot chicken or veg stock
- 2 slices white bread, whizzed to crumbs

- 1** Heat half the oil in a large casserole dish, then brown the sausages all over. Remove from the pan and set aside. Add the remaining oil, tip the veg into the dish and fry for 10 mins. Stir in the tomato purée and cook for 1 min more.
- 2** Heat oven to 200C/180C fan/gas 6. Return the sausages to the pan with the beans, thyme and some seasoning, then pour in the stock and bring to a simmer. Remove from the heat, sprinkle over the breadcrumbs, then bake in the oven for 25-30 mins until the crumbs are golden and the stew is bubbling.

PER SERVING 580 kcal, protein 25g, carbs 50g, fat 33g, sat fat 10g, fibre 10g, sugar 16g, salt 3.85g



Tuesday

### Chinese-style beef fillet with fried rice

SERVES 4 ● PREP 15 mins plus marinating ● COOK 25 mins

**Easy** Low fat

- 4 200g beef fillet, trimmed and sliced
- 1 tbsp soy sauce
- 1 tbsp Chinese five-spice
- 2 tbsp honey
- 1 tbsp cornflour
- 1 egg, beaten
- 225g/8oz cooked rice
- 200g/7oz frozen peas, defrosted
- 2 spring onions, sliced

- 1** Mix the beef slices with the soy sauce and five-spice; leave to marinate for 5 mins. Heat a large non-stick pan, then fry the pork for 2-3 mins on each side until cooked through. Pour in 150ml boiling water with the honey and bubble for 2 mins. Mix the cornflour with a little water, stir into the sauce and cook until it thickens and is glossy.
- 2** Meanwhile, make the fried rice. Pour the egg into a non-stick frying pan to make an omelette, cooking for 2 mins on each side. Remove, roll up, and cut into thin strips. Add the rice to the pan with the peas and stir-fry for 3-5 mins until piping hot, then gently stir through the omelette with the spring onions and seasoning and cook for 1 min. Serve with the beef and a dash more soy sauce.

PER SERVING 319 kcal, protein 29g, carbs 31g, fat 9g, sat fat 3g, fibre 3g, sugar 8g, salt 1.53g



## Spicy lentil soup with curry pinwheel rolls

SERVES 4 ● PREP 20 MINS ●

COOK 25 MINS **Easy** 

**2 tbsp curry paste**  
**1 onion, chopped**  
**2 carrots, grated**  
**140g/5oz red lentils**  
**1 litre/1¾ pints hot vegetable stock**  
**FOR THE CURRY PINWHEEL ROLLS**  
**500g pack bread mix**  
**1 tbsp curry paste**

**1** Heat oven to 220C/200C fan/gas 7. For the rolls, make up the bread mix following pack instructions, then roll out to a 30 x 40cm rectangle. Spread over the curry paste, then roll up, starting with the longest edge, like a roly poly. Cut into 8 slices and transfer to a lightly oiled baking sheet. Bake for 20-25 mins or until golden and cooked through.  
**2** Meanwhile, make the soup. Fry the curry paste and onion in a large pan for 2 mins until fragrant. Stir in the carrots and lentils and mix to coat in the curry paste. Cook for 2 mins, then pour in the stock and simmer for 20 mins until the lentils are tender. Whizz with a stick blender until smooth, add some seasoning and serve with the curry pinwheels.

PER SERVING 535 kcals, protein 23g, carbs 99g, fat 8g, sat fat 10g, fibre 11g, sugar 11g, salt 3.96g



## Pea pesto & prawn spaghetti

SERVES 4 ● PREP 10 MINS ●

COOK 15 MINS **Easy** 

**400g/14oz frozen peas, defrosted**  
**½ x 300g tub garlic & herb soft cheese**  
**(use the other ½ for the mushroom recipe on p28)**  
**zest and juice 1 lemon, plus wedges to serve**  
**1 garlic clove, chopped**  
**300g/11oz spaghetti**  
**190g pack small cooked prawns**

**1** Whizz 300g of the peas with the soft cheese, lemon zest and juice, and the garlic. Add some seasoning, then set aside.

**2** Meanwhile, cook pasta following pack instructions. Tip in the remaining peas 2 mins before the pasta is cooked, then drain everything and return to the pan. Stir through the pea pesto and some seasoning. Divide between 4 plates and serve with the prawns and extra lemon wedges, if you like.

PER SERVING 512 kcals, protein 26g, carbs 66g, fat 18g, sat fat 10g, fibre 7g, sugar 6g, salt 0.64g



Thursday

A filling lunch

### Garlic mushrooms on toast

SERVES 4 • PREP 10 MINS

• COOK 5 MINS   

2 tsp vegetable oil

500g pack mushrooms, halved

2 garlic cloves, crushed

½ x 300g tub garlic & herb soft cheese

150ml/¼pt hot vegetable stock

2 small baguettes, sliced open and halved

**1** Heat the oil in a large frying pan, then tip in the mushrooms and garlic and cook for 3 mins. Stir in the soft cheese and the stock and simmer for 2 mins.

**2** Lightly toast the baguettes, top with the warm mushrooms and a grinding of black pepper.

PER SERVING 355 kcals, protein 11g, carbs 37g, fat 19g, sat fat 10g, fibre 3g, sugar 3g, salt 1.47g

### MAKE IT DIFFERENT

#### Garlic mushroom pasta bows for 2

Make the **garlic mushrooms** as above. Cook **100g pasta bows** following pack instructions and stir in the mushrooms with a little of the pasta cooking water.

Sprinkle over **25g grated Parmesan**, divide between two dishes and flash under a hot grill until golden and bubbling.

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# The healthy ingredient

# OATS

No cook should be without oats in the kitchen, says nutrition expert, *Natalie Savona*. They're the basis of so many good-for-you dishes

Once the food of paupers, this great-value, versatile grain can find its way into dishes at any time of day – not just in your breakfast porridge – loading them with goodness.

## Why are oats good for me?

They are a wholegrain food. Their fibre content contributes in various ways to their health benefits: oats do more than just aid digestion. They contain soluble fibre – in particular beta-glucan which has proved effective in lowering cholesterol levels, so helping to keep your heart healthy.

The fibre also has another role: lowering the glycaemic index (GI). Producers have rightly capitalised on the increased interest in such foods, proudly advertising 'low GI' on their packaging. This means they release energy from their carbohydrates more slowly, leaving you satisfied for longer and only slowly raising blood sugar levels after a meal. This not only benefits cardiovascular health but is also great for people with diabetes.

As a whole grain, oats are a good source of many 'micro' nutrients such as B vitamins, including folic acid, and vitamin E. They are also one of the richest food sources of silicon, needed for healthy skin and bones.

## What else should I know?

If you're not keen on plain porridge, try it cooked with grated apple, served with stewed fruit or eat unsweetened muesli. Otherwise, enjoy oats as a savoury food: as ready-made oatcakes, in crusty toppings for fish, meat or mushrooms, to thicken soups, or in baking – bread, muffins, flapjacks and cakes. A word of caution: although it may be tempting to buy oat products that cook quickly in a microwave, the more processed they are, the more likely they are to have lost some health value.



## Are all oats the same?

Once harvested, oats go through a range of processes to make them easier to cook with. Rarely these days do you find groats – the whole grains minus the husks – that used to be cooked overnight with salt.

Pinhead oats (sometimes called coarse oatmeal or steel-cut) have been cut into three or four pieces with steel blades. Most widely available are rolled oats: either jumbo (where the whole kernel is steamed and rolled to a flake), or regular rolled, in which pinhead oats have been similarly processed to turn out a cereal that cooks quicker and makes a smoother porridge.

Oatmeal is in effect a flour, available medium or finely milled – ideal for baking. Oat bran, the outer husk of the whole oat grain, is very rich in fibre.

## How often should I eat them?

There is no specific prescription for the amount of oats you should eat but there's no harm in eating them daily. A 50g bowl of porridge provides a sixth of your day's fibre requirements. Given their range of benefits and their culinary versatility it's certainly worth eating oats a few times a week.

## Spicy apple crumble

SERVES 4-6 • PREP 15 mins •

COOK 55 mins **Easy** Low fat, good for you

**140g/5oz porridge oats**  
**25g/1oz ground almonds**  
**1 tbsp sesame seeds**  
**1 tsp ground cinnamon**  
**50g/2oz butter**  
**1 heaped tsp honey**  
**800g/1lb 12oz apples (I usually use eating apples), peeled, cored and roughly chopped**  
**zest and juice 1 large orange**  
**10 cardamom pods**  
**1 tbsp brown sugar**

**1** Heat oven to 180C/160C fan/gas 4. Put the oats, almonds, sesame seeds and cinnamon into a large mixing bowl. In a small pan melt the butter with the honey then stir into the oats until it looks like rough breadcrumbs – you might need to use your hands.

**2** Put the apples, orange zest and juice and cardamom in a pan and cook for 10 mins until softened. Pick out the cardamom pods. Spoon into a baking dish, sprinkle with the sugar and scatter with the crumble mixture.

Bake for about 40 mins until golden and crunchy. Serve with vanilla yogurt, ice cream or custard.

PER SERVING (6) 268 kcal, protein 2g, carbs 36g, fat 12g, sat fat 5g, fibre 5g, sugar 20g, salt 0.14g

A man and a young girl are smiling and carving pumpkins. The man is on the left, wearing a white long-sleeved shirt, and the girl is on the right, wearing a patterned dress. They are both focused on their pumpkins, which are large and orange. The background is a rustic wooden wall.

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# Ready in 30

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Recipes JANE HORNBY

Photographs DAVID MUNNS

## Chipotle chicken with Mexican slaw

30 minutes • Serves 4 • **Easy** **P**

**4 tbsp chipotle paste**  
**2 tbsp clear honey or brown sugar**  
**2 chicken fillets, about 300g each**  
**1 red onion, finely shredded**  
**1 lime, juiced**  
**1/2 white cabbage, finely shredded**  
**5 tbsp soured cream**  
**a large handful coriander, half roughly chopped**  
**1 tsp cumin seeds**  
**warmed corn or flour tortillas, to serve**

**1** Heat the grill to high. Mix the chipotle, honey or sugar and season. Make a few shallow slashes in the chicken fillets then coat with the chipotle. Grill for 7-8 minutes on each side until sticky, charred in places and cooked through.

**2** Meanwhile, toss the onion in the lime juice then leave for a few minutes to soften a little. Stir in the cabbage, soured cream, chopped coriander and seasoning. Toast the cumin seeds in a dry pan until fragrant, then scatter over the slaw.

**3** Let the chicken rest while you warm the tortillas, then slice. Serve the tortillas with a scoop of slaw, a few slices of chicken, any resting juices and a scattering of coriander.

PER SERVING 503 kcals, protein 75.9g, carbs 16.5, fat 15.2g, sat fat 6.1g, fibre 3g, salt 0.73g

## Goat's cheese and oregano stuffed aubergines

30 minutes • Serves 2 • **Easy**

**2 aubergines, halved lengthways**  
**100g sunblush tomatoes, drained weight, roughly chopped and oil reserved**  
**2 tbsp oregano, chopped, plus a few leaves**  
**120g goat's cheese, cut into small chunks**  
**1 lemon, zested**

**1** Heat the grill to high. Cut deep criss-crossed lines into the aubergine flesh. Then, starting skin-side up, grill the aubergines for 10 minutes on each side or until very soft and squashy. Meanwhile mix the tomatoes, chopped oregano, cheese and lemon zest.

**2** Use a spoon to scoop most of out the aubergine flesh, leaving a 2cm shell. Roughly chop then mix it with the tomatoes and cheese, season well, then stuff back into the skins. Drizzle over 2 tsp of the tomato oil, then grill until the cheese is golden. Serve scattered with a little more oregano.

PER SERVING 308 kcals, protein 16.6g, carbs 11.5g, fat 22g, sat fat 11.1g, fibre 8.9g, salt 1.84g





Chipotle chicken  
with Mexican slaw





## Courgette and taleggio frittata

25 MINUTES ● SERVES 4 ● Easy

- 1 tbsp olive oil
- 1 onion, finely chopped
- 200g pack taleggio cheese, rind removed if you like
- 500g courgettes, coarsely grated
- 1 clove garlic, crushed
- 6 large eggs, beaten and seasoned

**1** Heat the oil in a medium non-stick frying pan (about 24cm), then soften the onion for 5 minutes. While you wait, cut half of the cheese into small cubes, then slice the rest.

**2** Add the courgettes, season generously, then fry for about 8 minutes or until softened, bright green and any juices have bubbled away. Stir in the garlic and turn down the heat. Heat the grill to high.

**3** Scatter the chopped cheese amongst the courgettes, then pour in the eggs and stir briefly. Cook gently for 8 minutes or until all but the very top of the egg is set. Lay the sliced cheese on top, season with pepper, then grill until golden.

PER SERVING 343 kcals, protein 23g, carbs 4.9g, fat 25.9, sat fat 11.1g, fibre 1.6g, salt 1.48g

## Smoky chicken, sweetcorn and pancetta salad

20 MINUTES ● SERVES 2 ● Easy P

- 70g cubed pancetta
- 2 skinless chicken breasts, cut into strips
- 2 sweetcorn cobs
- extra-virgin olive oil
- 2 tsp wholegrain mustard
- 1 tsp clear honey
- 1/2 tsp hot smoked paprika
- 1 small garlic clove, crushed
- 1 tbsp red wine vinegar
- 1 head of lettuce, leaves separated

**1** Fry the pancetta in a non-stick pan until the fat starts to melt, then stir in the chicken. Season with pepper, turn up the heat then fry for 5 minutes, stirring often, until both pancetta and chicken are golden.

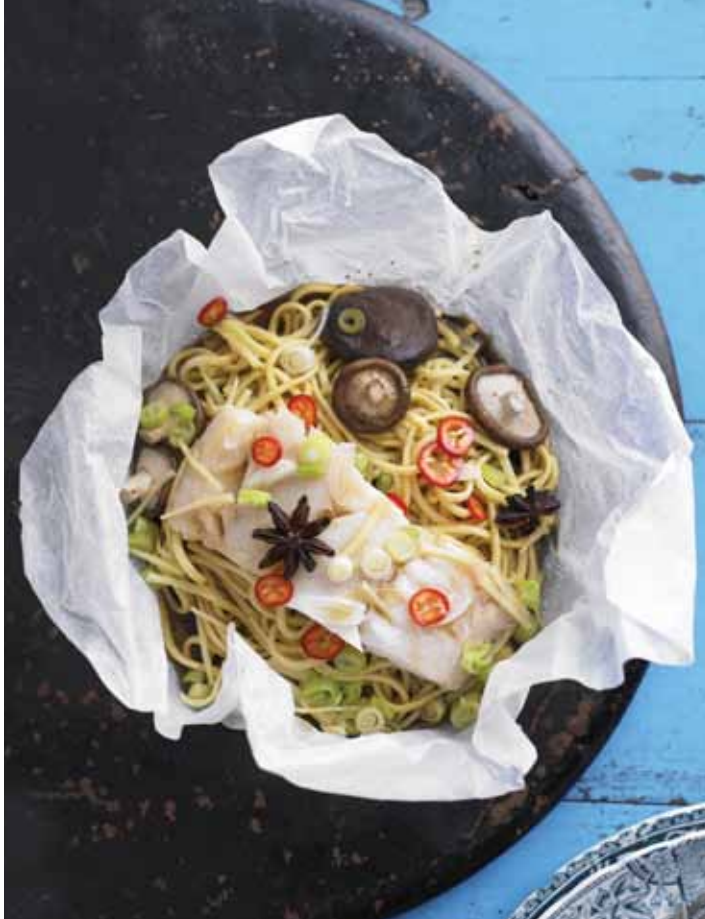
**2** Heat a griddle pan. Rub the corn with a drop of oil, season, then griddle for 5-8 minutes, turning often, until tender and blackened in places. Meanwhile, whisk 1 tbsp oil, the mustard, honey, paprika, garlic and vinegar with 1 tbsp water then season to taste.

**3** Cut the corn kernels from the cob then toss with the chicken, pancetta, lettuce and dressing.

PER SERVING 459 kcals, protein 45.6g, carbs 21.3g, fat 21.8g, sat fat 5.3g, fibre 2.4g, salt 2.21g







## Asian steamed fish with shiitake and noodles

15 MINUTES • SERVES 1 • **Easy**



- 150g cooked egg noodles
- 3cm piece ginger, peeled and thinly shredded
- 1 garlic clove, thinly sliced
- about 150g skinless pollack fillet  
(or other sustainable white fish)
- a handful shiitake or oyster mushrooms
- 2 star anise
- 3 spring onions, shredded
- 1 tbsp light soy sauce,  
plus more to serve
- 1 tsp sesame oil, plus more to serve
- 1/2 red chilli, finely sliced

**1** Half-fill a saucepan with water and bring to the boil. Line a steamer basket or metal steamer insert with baking parchment. Put the noodles into the bottom, scatter with half of the ginger and garlic, then top with the fish. Tuck the mushrooms around then scatter over the star anise and spring onions and the rest of the ginger and garlic.

**2** Splash with the soy sauce and sesame oil, put the lid on the steamer and steam for 8-10 minutes until the fish flakes easily. If you don't have a steamer, put a large piece of parchment onto a baking tray then pile everything into the middle. Fold into a roomy parcel then seal the edges well. Bake at 200C/fan 180C/gas 6 for 15 minutes.

**3** Scatter with the chilli, then serve with a splash more soy or sesame oil, if you like.

PER SERVING 342 kcals, protein 34g, carbs 39.2,  
fat 6.6g, sat fat 0.9g, fibre 2.1g, salt 3.22g

## Swirly lemon drizzle fingers

Indulge your sweet tooth and enjoy this sweet lemon cake with a cup of Continental Coffee

MAKES 18 FINGERS • PREP 15  
MINS • COOK 40 MINS **Easy**

- 200g/8oz butter, well softened,  
plus extra for greasing
- 200g/8oz golden caster sugar
- 4 eggs
- 100g/4oz fine polenta or  
fine cornmeal
- 140g/5oz self-raising flour
- zest 3 lemons
- FOR THE SWIRL AND DRIZZLE**
- 4 tbsp lemon curd
- 5 tbsp golden or white  
caster sugar
- zest and juice 1 lemon



**1** Heat oven to 180C/160C fan/gas 4 and make sure there's a shelf ready in the middle of the oven. Butter a rectangular baking tray or small roasting tin, about 20 x 30cm. Cut out a sheet of baking paper a bit larger than the tin, then push it in and smooth out with your hands to stick to the butter. Snip the corners with scissors to get the paper to lie neatly.

**2** Put all the cake ingredients and a pinch of salt into a large bowl, beat with an electric hand whisk until creamy and smooth. Scoop into the tin, then level the top. Spoon the lemon curd over the batter in thick stripes. Use the handle of the spoon to swirl the curd into the cake – not too much or you won't see the swirls once it's cooked. Bake for about 35 mins or until golden and risen. It should have shrunk away from the sides of the tin ever so slightly and feel springy. Don't open the oven before 30 mins of the cooking time is up.

**3** Leave the cake in the tin for 10 mins or until just cool enough to handle. Carefully lift out of the tin and put it onto a cooling rack, sat over a tray or something similar to catch drips of drizzle. To make the drizzle, mix 4 tbsp sugar and the lemon juice together and spoon over the cake. Toss the lemon zest with the final 1 tbsp sugar and scatter over the top. Let the cake cool completely, then lift onto a board, peel away the sides of the baking paper and cut the cake into fingers.

PER SERVING 214 kcals, protein 3g, carbs 27g,  
fat 11g, sat fat 6g, fibre none, sugar 17g, salt 0.3g

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# Not-so-guilty pleasures

Nutritionist *Carole Holditch*, of Good Habits Dubai shows us how to curb our cravings and make healthier choices when reaching out for sweet treats

Let's face it, we all love sweet things to one extent or another. Perhaps at the end of a nice weekend lunch we order that cappuccino and chocolate pudding and maybe even add a scoop of cream for good measure. After all, it's not every day we spoil ourselves, so it doesn't really matter. Then again, we did have that mid-morning bar of chocolate to keep us going until lunchtime, and there is that bag of sweets and can of Pepsi as we watch a movie later in the evening...

The stark truth is, it is easy to overdo it, and it all adds up over the day. But, let's not punish ourselves and do without those sweet treats completely; instead let's concentrate on enjoying them without overdoing it and see what alternatives there are. There are also ways that we can curb and control those sweet cravings.

Many of us eat sweet things for no other reason than the taste preference and instant sugar gratification. When our blood sugar levels drop, our bodies tell us by bringing about a desire to eat something sweet. Most of us have also felt that need for comfort food; reaching out for a nice bar of chocolate when we are feeling down.

Whatever our reasons are for snacking on these yummy treats, we all know that sweet things make us gain weight, are generally bad for our health and can also cause tooth decay. Rather than eliminate everything entirely, let's look at how we can cut down, and be healthier in the process.

A good starting point is to take stock of our daily intake of sweet foods in terms of quantity and frequency of consumption. This can be somewhat of a shock when we realise just how many sweets, chocolates and desserts we actually consume every day! Once we know what, and how much we are eating, we can then start by reducing the portion sizes of desserts, for

example, and perhaps choose to share your dessert with a friend, rather than have a whole one each.

Of course willpower is needed, but if we think of the benefits to our health, our figures and those ever-increasing dental fees, it might just make things easier.

For a healthier alternative to sweets, why not go for some delicious fresh fruit and berries or some low-sugar options? To curb those cravings, look for things that taste sweet, but don't actually contain a lot of sugar. Some examples are frozen yogurt or sorbet, rice cakes flavoured with caramel or chocolate, dark chocolate containing 70 percent cacao or more, or dried fruit.

One of the best things we can do is start the day with a healthy breakfast so that we effectively prevent those dips in blood sugar levels that can spark off our cravings. We would then aim for a dietary regime of three healthy and wholesome meals perhaps with two healthy snacks each day.

Have we looked in our cupboards and fridges recently? How many packets of jelly babies, bars of chocolate or tubs of cheesecake ice cream did we find the last time we looked? If it's there we tend to want it, so if we don't stockpile the chocolates and sweets we might be less likely to crave for them; out of sight, out of mind as they say!

Finally, remember why you want to cut down on your sugar intake. Write down at least three reasons, for example, "I will feel better;" "I will live longer;" "I will finally conquer my cravings." Keep this in your wallet or purse to remind you of the reasons for cutting down.

Willpower, dedication and commitment are key to all of this but if you need any further help get in touch with me, Carole Holditch, or visit my website [www.goodhabitsuae.ae](http://www.goodhabitsuae.ae).

# Cooking healthier under pressure

One of the most important pots in a kitchen, without a doubt, is a pressure cooker. Not only cooking food incredibly fast, pressure cookers consume less energy and offer a healthier culinary option as the vitamins and minerals are preserved better than other cooking methods. Besides, the colours stay fresh and the natural flavours are intense.

## Choosing your pressure cooker

While the stainless steel cookers are preferable, always look for a cooker that is induction-compatible as this will save you changing your cookware later on.

The base of any pot is very important too, and it needs to be built of materials that absorb heat consistently and distribute heat evenly.

Aluminium has these properties, and the base of all WMF pressure cookers consists of a strong aluminium core, sandwiched in chrome steel for even heat distribution.

A built-in timer is always a convenient touch, and is included with many models. Having a removable handle allows one to conveniently wash the body and the lid in a dish washer. Because of the additional inserts, WMF cookers are also multi-purpose cookers that double up as steamers, which saves you money on having to buy a separate steamer.



## Sugar/fat free, moist fruit cake

SERVES 6 LARGE, OR 12 SMALLER PORTIONS

*A delicious sweet fix without the sugar, this filling cake is great for breakfast, or any time of the day*

- 60g Weetabix, All Bran flakes or oats
- 120g dried fruit (raisins, sultanas, dates and apricots)
- 150ml + 3 tbsp strong black tea
- ½ tsp oil, to grease cake tin
- 120g self-raising flour or wholemeal raising flour
- 240g ripe bananas, chopped
- 1 large egg, beaten
- 1 large pinch of spice, eg cinnamon, nutmeg or ginger

- 1 Place Weetabix, dried fruit, chopped banana and 150ml of tea into a bowl.
- 2 Cover and soak for 2/3 hours or overnight, stir occasionally
- 3 Pre-heat oven to 160 C/325 F/gas mark 3 and grease an 8 inch cake tin with the oil and line with non stick parchment paper.
- 4 Stir into the fruit mix, the egg and 3 tablespoon of tea.
- 5 Add flour, baking powder and desired spice, stir, then place in prepared tin.
- 6 Bake for 1 – 1 ½ hours until risen and firm to touch.
- 7 Cool in tin for 10 minutes before turning out.

## Safety

An important safety feature to look out for is a safety locking system that keeps the lid of the cooker locked unless the pressure inside is completely released. Safety features like an automatic safety release of built up pressure is also an important consideration. Some brands have a quick release valve in addition to the regular valve.

## All WMF pressure cookers incorporate multiple safety features such as:

The bayonet lock, residual pressure locking, main valve, safety valve and a slot in the lid.

## Precautions

Once the food is done and the cooker is removed from the heat source, the steam must be released before the lid can be opened. The steam is released either through a quick release method (using the cooker's special valve by placing it in the sink under running water) or through the natural release method (the pressure eventually drops as the cooker cools). Once the pressure is released, unlock and open the pressure cooker. Observe the instructions indicated by the manufacturer.

Tavola stores are located in Mall of the Emirates, Level-2, 04-3402933; Century Plaza, Jumeirah Beach Road, 04-3445624; Spinney's Centre, Umm Suqeim, 04-3948150; Emirates Hills, Town Centre, 04- 3618181; Mirdif City Centre, Mirdif, 04-2843548





# More veg, less meat

Trying to cut down on meat and fish? These great-value suppers make a little go a long way, without you feeling like you're missing out Recipes ROSIE REYNOLDS Photographs WILL HEAP

## Oriental duck salad

SERVES 2 • PREP 15 MINS •

COOK 25 MINS **Easy** 

**1 duck leg**

**1 tsp Chinese five-spice powder**

**140g/5oz rice noodles**

**1 celery stick, cut into matchsticks**

**1 carrot, cut into matchsticks**

**½ cucumber, deseeded and cut into matchsticks**

**2 spring onions, sliced lengthways**

**2 tbsp hoisin sauce**

**1 tbsp soy sauce**

**1** Heat oven to 220C/200C fan/gas 7. Rub the duck leg all over with five-spice and seasoning, place on a baking tray and roast for 25 mins.

**2** Meanwhile, cook the rice noodles following pack instructions. Drain and cool under cold running water, then drain again well and toss with the celery, carrot, cucumber and spring onions. When cool enough to handle, remove the duck meat and crispy skin from the bone and finely shred.

**3** To make the dressing, mix the hoisin and soy sauce with 2 tbsp water. Divide the noodles

between two plates and top with the shredded duck. Drizzle over the dressing and serve.

PER SERVING 492 kcals, protein 25g, carbs 69g, fat 15g, sat fat 4g, fibre 2g, sugar 10g, salt 2.66g

**MONEY  
WISE**





MONEY  
WISE

### Sweet & sour chicken & veg

SERVES 4 • PREP 20 MINS • COOK 20 MINS **Easy** **Superhealthy** Good source of vitamin C, counts as 3 of 5-a-day, Low fat

425g can pineapple chunks, drained, juice reserved  
2 tbsp each tomato ketchup, malt vinegar and cornflour  
1 tbsp vegetable oil  
1 onion, chopped  
1 red chilli, deseeded and sliced  
1 red and green pepper, chopped  
2 carrots, sliced on the diagonal  
2 skinless chicken breasts, thinly sliced  
125g pack baby corn, sliced lengthways  
2 tomatoes, quartered  
cooked rice, to serve

**1** Make the sweet & sour sauce by whisking together the pineapple juice, tomato ketchup, malt vinegar and cornflour. There should be 300ml – add water or stock if you're short.

**2** Heat the oil in a frying pan or wok over a high heat. Add the onion, chilli, peppers, carrots and chicken and stir-fry for 3-5 mins until the vegetables are starting to soften and the chicken is almost cooked.

**3** Add the corn and sauce. Bubble for 2 mins, add tomatoes and cook for 2 mins until the sauce thickens, the chicken is cooked and the vegetables are tender. Serve with rice, if you like.

PER SERVING 230 kcals, protein 20g, carbs 30g, fat 4g, sat fat 1g, fibre 4g, sugar 24g, salt 0.26g



MONEY  
WISE

### Bacon, spinach & Gorgonzola pasta

SERVES 4 • PREP 10 MINS •

COOK 15 MINS **Easy** **P**

350g/12oz penne pasta  
1 tbsp vegetable oil  
1 onion, chopped  
8 rashers smoked bacon, chopped  
200ml/7fl oz hot vegetable stock  
300g/11oz frozen peas  
150g pack Gorgonzola, cubed  
250g/9oz spinach

**1** Cook the pasta following pack instructions. Meanwhile, heat the oil in a large frying pan, then add the onion and cook for 3 mins until starting to soften. Add the bacon, cook for a further 5 mins, then pour in the hot stock and bring to the boil. Simmer for a few mins until the liquid has reduced slightly.

**2** Stir in the peas, followed by the Gorgonzola, until the cheese has melted and the peas are defrosted. Quickly stir through the spinach to wilt. Drain the pasta and mix with the sauce, then serve.

PER SERVING 658 kcals, protein 35g, carbs 77g, fat 25g, sat fat 11g, fibre 9g, sugar 7g, salt 4.06g





## Lentil & lamb moussaka

SERVES 6 • PREP 15 MINS •

COOK 40 MINS **Easy** ❄️

- 1 tbsp olive oil
- 1 onion, chopped
- 1 garlic clove, crushed
- 1 aubergine, diced
- 250g/9oz lean minced lamb
- 400g can lentils in water, drained
- 400g can chopped tomatoes
- 500g/1lb 2oz cooked potatoes, diced
- 2 tsp dried oregano
- ½ tsp cinnamon
- 150ml/¼pt hot vegetable stock
- 500g tub Greek yogurt
- 1 egg, beaten

**1** Heat the oil in a large frying pan. Add the onion and cook for 3 mins until starting to colour and soften. Add the garlic, aubergine and lamb, then cook for 5-10 mins until the mince is brown and the aubergine is softened.

**2** Stir in the lentils, tomatoes, potatoes, oregano, cinnamon, some seasoning and the stock. Increase the heat and simmer for 10-15 mins until the mixture thickens.

**3** Heat grill to high. Transfer the lentil and lamb mix to an ovenproof dish. Mix the Greek yogurt with the beaten egg, then pour on top of the lentil and lamb mix. Grill for 5 mins until the top is bubbling and golden.

PER SERVING 343 kcs, protein 20g, carbs 29g, fat 17g, sat fat 9g, fibre 6g, sugar 8g, salt 0.59g



## Tuna empanada pie

SERVES 6 • PREP 20 MINS •

COOK 1 HR **Easy** ❄️

- 1 tbsp olive oil
- 1 onion, finely chopped
- 1 garlic clove, crushed
- 3-4 medium potatoes, cubed
- 2 carrots, diced
- 2 red peppers, diced
- 1 tbsp smoked paprika
- 1 tsp each dried oregano and thyme
- 2 tbsp tomato purée
- 300ml/½ pt vegetable stock
- 185g can sustainable tuna in spring water, flaked
- 500g pack shortcrust pastry
- 1 egg, beaten

**1** Heat oven to 200C/180C fan/gas 6. Fry onion, garlic, potatoes and carrots in oil for 5 mins until softening. Add peppers, paprika, herbs and tomato purée, and cook for 5 mins.

**2** Add stock, bring to the boil, then simmer until stock is absorbed and vegetables are tender. Add the tuna.

**3** Roll a quarter of the pastry into a 22cm circle. Roll remaining pastry to line a 22cm loose-bottomed tin, allowing the pastry to come over the edges of the tin.

**4** Fill with the tuna mix and top with the pie lid. Brush the edges with egg then fold over the sides and press down with a fork to seal. Make two holes in the top, brush with egg and bake for 35-40 mins until golden brown. Leave to cool slightly, then serve.

PER SERVING 537 kcs, protein 14g, carbs 59g, fat 30g, sat fat 11g, fibre 5g, sugar 9g, salt 0.98g





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# Speedy weeknight pudds

If you like to finish off a meal with something sweet, these ideas are really quick and easy



## Lemon & raspberry baskets

SERVES 6 • PREP 5 mins • NO COOK **Easy**

50g dark chocolate, broken into pieces  
325g jar good-quality lemon curd  
200g pot half-fat crème fraîche  
150g punnet raspberries  
6 waffle cone baskets

**1** Melt the chocolate in the microwave for 2 mins on High, stirring halfway through. Meanwhile, stir together the lemon curd and the crème fraîche.

**2** Divide half the raspberries between the baskets, spoon over the lemon cream and top with the rest of the berries. Drizzle the dark chocolate over the tops of the baskets and leave in the fridge to set for 5-10 mins or up to 1 hr.

PER SERVING 348 kcals, protein 3g, carbs 52g, fat 16g, sat fat 8g, fibre 1g, sugar 29g, salt 0.23g



## Fastest-ever lemon pudding

SERVES 4 • PREP 5 mins plus 1 min resting • COOK 4 mins **Easy**

100g/4oz golden caster sugar  
100g/4oz butter, softened  
100g/4oz self-raising flour  
2 eggs  
zest 1 lemon

**1** tsp vanilla extract  
**4** tbsp lemon curd  
crème fraîche or ice cream, to serve

**1** Mix the sugar, butter, flour, eggs, lemon zest and vanilla together until creamy, then spoon into a medium microwave-proof baking dish. Microwave on High for 3 mins, turning halfway through cooking, until risen and set all the way through. Leave to stand for 1 min.

**2** Meanwhile, heat the lemon curd for 30 secs in the microwave and stir until smooth. Pour all over the top of the pudding and serve with a spoonful of crème fraîche or scoops of ice cream.

PER SERVING 457 kcals, protein 6g, carbs 55g, fat 25g, sat fat 14g, fibre 1g, sugar 34g, salt 0.75g



## Blueberry cheesecake pots

SERVES 4 • PREP 8 mins • COOK 2 mins • **Easy**

140g/5oz blueberries  
2 tbsp caster sugar  
5 digestive biscuits  
250g tub mascarpone  
4 tbsp double cream  
4 tbsp icing sugar  
zest and juice 1 lemon

**1** Put the blueberries and caster sugar in a microwave-proof dish and microwave on High for 1 min. Stir to dissolve the sugar, then tip onto a plate to cool.

**2** Crush the biscuits, then press into the bases of four glasses. Beat the mascarpone with the cream, icing sugar, lemon zest and juice.

**3** Divide the creamy mixture between the glasses, then spoon over the saucy blueberries. Serve immediately.

PER SERVING 534 kcals, protein 4g, carbs 39g, fat 41g, sat fat 24g, fibre 1g, sugar 27g, salt 0.50g



## Speedy banana splits

SERVES 4 ● PREP 5 mins ● NO COOK **Easy**

- 4 bananas
- 4 scoops vanilla ice cream
- 4 tbsp chocolate sauce
- 2 tbsp flaked toasted almonds

Peel and split the bananas in half lengthways and place on two plates. Top with the scoops of ice cream, drizzle over the sauce and scatter with almonds.

PER SERVING 418 kcals, protein 8g, carbs 61g, fat 17g, sat fat 7g, fibre 2g, sugar 56g, salt 0.23g.



## Honeyed almond figs

SERVES 1 ● PREP 3 mins ● NO COOK **Easy**

- 2 ripe figs
- 2 tbsp 0% fat Greek yoghurt
- 1 tbsp runny honey
- pinch of cinnamon
- a few flaked toasted almonds

Cut the figs in half. Spoon over the yogurt, then drizzle with the runny honey. Sprinkle with cinnamon and some toasted almonds.

PER SERVING 151 kcals, protein 4g, carbs 24g, fat 5g, sat fat 1g, fibre 2g, sugar 11g, salt 0.07g



## Microwave meringues

MAKES 6 ● PREP 5 mins ● COOK 3 mins **Easy**

- 300g/11oz icing sugar
- 1 egg white
- whipped cream
- tropical fruit, to serve

Sift the icing sugar over the egg white. Stir until the mixture is a thick, pliable icing and roll into balls. Line a plate with kitchen paper. Put 3 balls at a time on the plate and microwave them on High for 1½ mins until the balls balloon and puff into meringues. Once cool, sandwich together with whipped cream and sliced tropical fruit.

PER SERVING 199 kcals, protein 1g, carbs 53g, fat none, sat fat none, fibre none, sugar 52g, salt 0.05g



# PASTA PASTA

For a carb fix, try these delicious, low-fat pasta dishes



## Herby mushroom pasta

SERVES 2 Easily doubled ● PREP 5 mins

● COOK 12 mins **Easy** **V** Low fat

**250g/9oz field or portobello mushrooms, thickly sliced**  
**2 tsp wholegrain mustard**  
**3 garlic cloves, sliced or crushed**  
**150ml/¼pt vegetable stock**  
**250g/9oz penne pasta**  
**3 tbsp flat-leaf parsley, chopped**  
**zest 1 lemon**

**1** Put the mushrooms, mustard, garlic and stock into a pan, bring to the boil and simmer for 5 mins or until the liquid has nearly gone and the mushrooms are soft.  
**2** Meanwhile, cook the pasta according to pack instructions. Drain and toss with the mushrooms, parsley and lemon zest. Season to taste and serve straightaway.

PER SERVING 235 kals, protein 9g, carbs 49g, fat 2g, sat fat 0.2g, fibre 3g, sugar 2g, salt 0.25g

**MAKE IT WITH AUBERGINE** Replace mushrooms with 1 thickly sliced aubergine and increase the stock to 300ml/½pt. Simmer with the remaining ingredients until aubergine is soft and stock almost evaporated, then toss into the penne.

**Tuna arrabiatta pasta gratin**

SERVES 4 ● PREP 10 mins ●

COOK 20 mins **Easy** Low fat**1 tsp olive oil****1 red and 1 yellow pepper, deseeded and sliced****2 garlic cloves, crushed****pinch crushed dried chillies****2 x 400g cans chopped tomatoes****50g/2oz mixed pitted olives, whole or roughly chopped (optional)****pinch caster sugar****250g/9oz wholemeal pasta shapes****2 x 200g cans tuna steak in spring water, drained and flaked****25g/1oz fresh wholemeal breadcrumbs****2 tbsp grated Parmesan**

**1** Heat the oil in a large saucepan and fry the peppers for about 5 mins until starting to caramelise. Add the garlic and chillies, cook for 30 secs, then tip in the tomatoes and olives (if using). Season, add a pinch of sugar, bring to the boil, then simmer, uncovered, for 10 mins.

**2** Meanwhile, cook the pasta according to pack instructions. Heat the grill. Drain the pasta and mix into the tomato sauce, along with the tuna. Tip into a large ovenproof dish. Mix the breadcrumbs and Parmesan together and scatter over the top. Grill for 3-4 mins or until the topping is crisp and golden. Serve with a green salad, if you like.

PER SERVING 365 kcals, protein 30g, carbs 54g, fat 5g, sat fat 1g, fibre 9g, sugar 11g, salt 0.75g

**MAKE IT VEGETARIAN****Spicy pepper pasta gratin**

Fry an extra red and yellow pepper as before, and add an extra 1-2 pinches chilli flakes to the sauce. Stir in 1 tbsp drained capers instead of the tuna with the pasta, and top with the breadcrumbs mixed with 2 tbsp grated vegetarian Parmesan-style cheese and 1 tbsp pine nuts.







### Storecupboard puttanesca

SERVES 4 • PREP 5 mins •  
COOK 10 mins **Easy** **V** **🌱** (sauce only)  
Counts as 2 of 5-a-day, low fat

#### 400g/14oz spaghetti

1 tbsp olive oil  
1 onion, sliced  
1 garlic clove, crushed  
2 tbsp capers  
1 x 400g can chopped tomatoes  
with paprika  
100g/4oz frozen roasted peppers  
16 black olives, pitted  
grated vegetarian Parmesan-style  
cheese, to serve (optional)

**1** Cook the spaghetti according to pack instructions. Meanwhile, heat the oil in a large frying pan, then fry the onion over a medium heat for 5 mins until soft. Add the garlic and cook for another min.  
**2** Rinse the capers and add to the pan with the tomatoes, peppers and olives. Check for seasoning, then cook for a few mins more until heated through. Drain the pasta and toss with the sauce. Serve with grated Parmesan, if you like.

PER SERVING 433 kcals, protein 14g, carbs 82g, fat 8g, sat fat 1g, fibre 6g, sugar 9g, salt 1.38g



### Spicy spaghetti with garlic mushrooms

SERVES 4 • PREP 10 mins • COOK 15 mins **Easy** **V** Counts as 2 of 5-a-day, low fat

#### 2 tbsp olive oil

250g pack chestnut mushrooms, thickly sliced  
1 garlic clove, thinly sliced  
small bunch parsley, leaves only  
1 onion, finely chopped  
1 celery stick, finely chopped  
400g can chopped tomatoes  
½ red chilli, deseeded and finely chopped (or use dried chilli flakes)  
300g/11oz spaghetti

**1** Heat 1 tbsp oil in a pan, add mushrooms, then fry for 3 mins until golden and softened. Add the garlic, fry for 1 min more, then tip into a bowl with the parsley. Add the onion and celery to the pan with the rest of the oil, fry for 5 mins.  
**2** Stir in the tomatoes, chilli and a little salt, then bring to the boil. Reduce the heat and simmer, uncovered, for 10 mins until thickened. Meanwhile, cook the spaghetti according to pack instructions, then drain. Toss with the sauce, top with the garlicky mushrooms, then serve.

PER SERVING 346 kcals, protein 12g, carbs 62g, fat 7g, sat fat 1g, fibre 5g, sugar 7g, salt 0.35g



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# Dreamy desserts

Impress your guests with one of these showstopping restaurant-quality desserts – they can all be made ahead, so are perfect for dinner parties

Recipes SARA BUENFELD AND JANE HORNBY  
Photographs Myles New



## White chocolate & ricotta cheesecake

SERVES 8 • PREP 30 MINS • COOK 6 MINS **Easy**

*This cheesecake is incredibly light despite being made with chocolate.*

### FOR THE BASE

50g/2oz butter, melted  
150g/6oz digestive biscuits  
50g/2oz Amaretti biscuits  
sunflower oil, for greasing

### FOR THE FILLING

5 leaves gelatine  
200g/8oz white chocolate, chopped  
6 tbsp milk  
500g tub ricotta  
300ml pot double cream  
50g/2oz icing sugar  
2 large eggs, separated

### TO DECORATE

white chocolate curls  
pomegranate seeds  
icing sugar, for dusting (optional)

**1** Heat oven to 200C/180C fan/gas 6. Melt the butter in a pan or microwave. Very finely crush the biscuits together, stir with the butter, then press very firmly into the base of a 20cm round loosebottomed cake tin. Bake for 6 mins. Cool, then wipe around the inside of the tin with a little oil on kitchen paper.

**2** Soak the gelatine in water while you make the filling. Tip the chocolate into

a bowl over a pan of simmering water, then add the milk. Gently heat until melted, then stir together. Squeeze the gelatine dry, add to the chocolate mixture and stir to dissolve.

**3** Beat the ricotta, cream, sugar and egg yolks together. In a separate bowl, whisk the egg whites.

**4** Stir the chocolate and ricotta mixtures together, then gently fold in the egg whites. Carefully pour onto the cooled biscuit base. Cover the tin with cling film, then chill until firm, preferably overnight.

**5** To decorate, very generously top the cheesecake with the white chocolate curls, then remove from the tin, scatter with the pomegranate seeds and dust all over with icing sugar, if you like.

PER SERVING 484 kcals, protein 15g, carbs 47g, fat 28g, sat fat 15g, fibre 1g, sugar 33g, salt 0.79g

### Prepare ahead

- The cheesecake can be made up to 2 days ahead. Keep in the tin and cover with cling film.
- Chocolate curls will keep in a cool

**IN THE MOOD FOR A DECADENT DESSERT WHILE DINING OUT?** The white chocolate cheesecake at West 14th, Oceana - The Palm Jumeirah, Dubai is absolutely delicious!

**Angela's ultimate crème brûlée**

READY IN 1 1/4 – 1 1/2 HOURS, PLUS

SEVERAL HOURS OR OVERNIGHT

CHILLING • SERVES 4 **Moderately easy** 🍴**2 cartons double cream, 1 large  
(284ml) plus 1 small (142ml)****100ml/3 1/2 fl oz full fat milk****1 vanilla pod****5 large egg yolks****50g/2oz golden caster sugar, plus extra  
for the topping**

**1** Preheat the oven to fan 160C/  
conventional 180C/gas 4. Sit four 175ml  
ramekins in a deep roasting tin at least  
7.5cm deep (or a large deep cake tin),  
one that will enable a baking tray to sit  
well above the ramekins when laid  
across the top of the tin. Pour the two  
cartons of cream into a medium pan  
with the milk. Lay the vanilla pod on a  
board and slice lengthways through  
the middle with a sharp knife to split it  
in two. Use the tip of the knife to  
scrape out all the tiny seeds into the  
cream mixture. Drop the vanilla pod in  
as well, and set aside.

**2** Put the egg yolks and sugar in a  
mixing bowl and whisk for 1 minute  
with an electric hand whisk until paler  
in colour and a bit fluffy. Put the pan  
with the cream on a medium heat and  
bring almost to the boil. As soon as  
you see bubbles appear round the  
edge, take the pan off the heat.

**3** Pour the hot cream into the beaten  
egg yolks, stirring with a wire whisk as  
you do so, and scraping out the seeds  
from the pan. Set a fine sieve over a  
large wide jug or bowl and pour the  
hot mixture through to strain it,  
encouraging any stray vanilla seeds  
through at the end. Using a big spoon,  
scoop off all the pale foam that is  
sitting on the top of the liquid (this will  
be several spoonfuls) and discard.  
Give the mixture a stir.

**4** Pour in enough hot water (from the  
tap is fine) into the roasting tin to  
come about 1.5cm up the sides of the  
ramekins. Pour the hot cream into the  
ramekins so you fill them up right to  
the top – it's easier to spoon in the  
last little bit. Put them in the oven and  
lay a baking sheet over the top of the

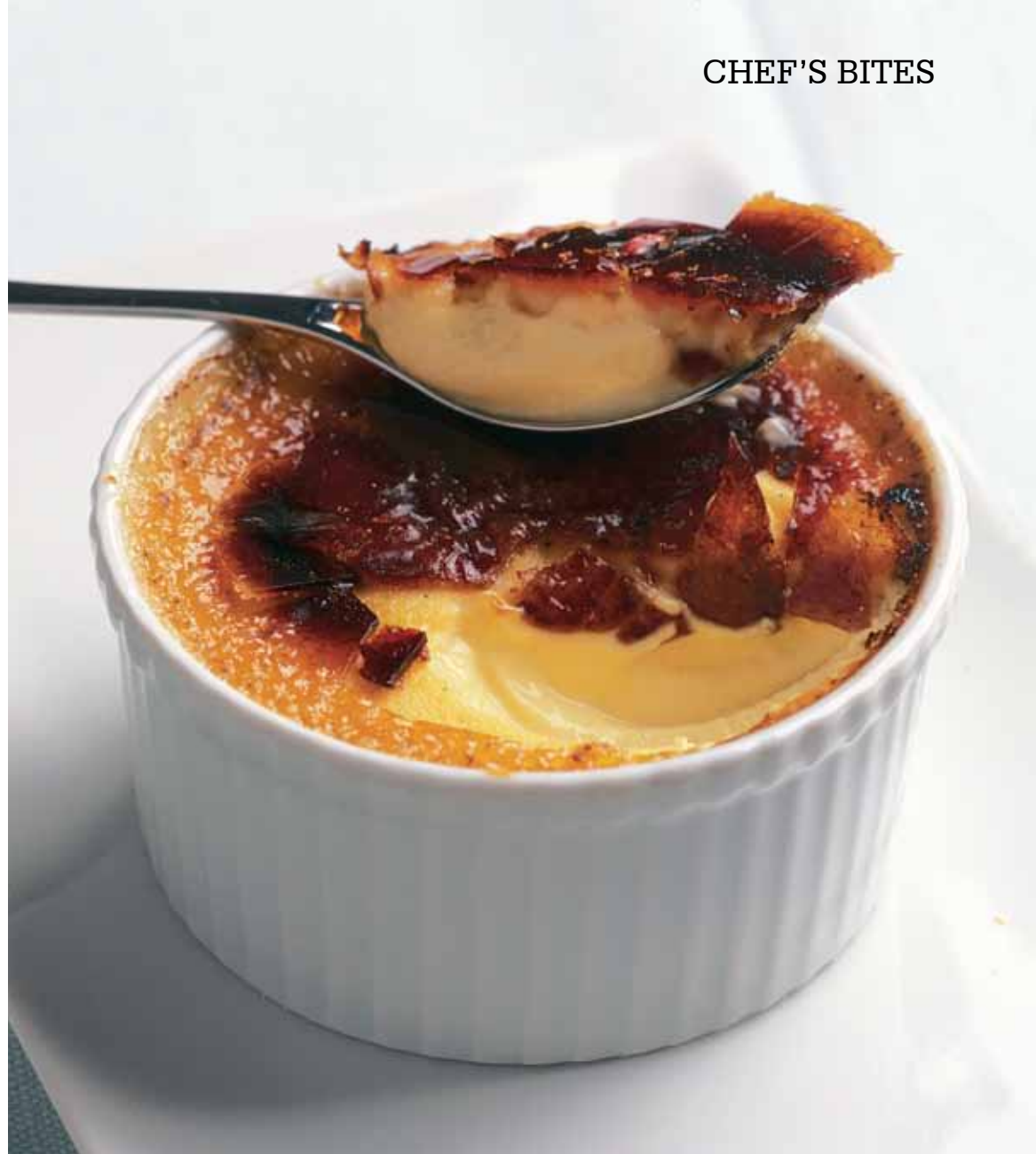
tin so it sits well above the ramekins  
and completely covers them, but not  
the whole tin, leaving a small gap at  
one side to allow air to circulate. Bake  
for 30-35 minutes until the mixture is  
softly set. To check, gently sway  
the roasting tin and if the crème  
brûlées are ready, they will wobble a  
bit like a jelly in the middle. Don't let  
them get too firm.

**5** Lift the ramekins out of the roasting  
tin with oven gloves and set them on a  
wire rack to cool for a couple of  
minutes only, then put in the fridge to  
cool completely. This can be done  
overnight without affecting the texture.

**6** When ready to serve, wipe round the  
top edge of the dishes, sprinkle 1 1/2  
tsp of caster sugar over each ramekin

and spread it out with the back of a  
spoon to completely cover (Anne  
Willan's tip for an even layer). Spray  
with a little water using a fine spray  
(the sort you buy in a craft shop) to just  
dampen the sugar – then use a blow  
torch to caramelize it. Hold the flame  
just above the sugar and keep moving  
it round and round until caramelised.  
Serve when the brûlée is firm, or within  
an hour or two.

PER SERVING (and worth it) 620 calories, protein  
6g, carbohydrate 17g, fat 59g, saturated fat 34g,  
fibre none, added sugar 13g, salt 0.01g





## CHEF'S BITES



**THE CHEF:** Caffè Florian's head chef, the very Italian, Paolo grew up near Venice and has cooked at top restaurants in Italy and Spain before settling in Dubai a year ago. His main inspiration comes from his childhood and the flair of his mother's cooking.

### Caffè Florian's classic tiramisu

*Italian head chef of Caffè Florian DIFC Paolo Bellamio creates his to-die-for tiramisu for BBC Good Food ME. Simple ingredients and a great taste, try it out for a weekend dinner party*

SERVES 6 to 7

**500g good quality mascarpone cheese**  
**150g egg yolks**  
**160g caster sugar**  
**5 drops almond essence**  
**400g double cream, whipped**  
**1 vanilla pod, de-seeded**  
**2 packets of lady fingers**  
**2 tsp coffee beans**  
**1 cup water, boiled**

**1** Mix the egg yolks and sugar together until fluffy. Stir in the mascarpone, almond essence and vanilla seeds.

**2** Whip the cream in a separate bowl and then fold it into the other ingredients.

Put the coffee beans in a shallow bowl, add boiling water and briefly soak the lady fingers until soft.

#### TO CONSTRUCT:

**3** Put a layer of the soaked lady fingers at the bottom of the dish.

**4** Spoon a layer of the mascarpone/cream mix over the top.

**5** Add another layer of lady fingers and the rest of the mascarpone/cream mix.

**6** Allow to set in the fridge for 2 hours.

**7** Before serving, sieve a generous coating of cocoa powder on the top and garnish with a dollop of cream and fruit of your choice.



### The Ivy's Scandinavian iced berries with hot white chocolate sauce

**1 kg frozen berries (100–120 g per person)**

#### FOR THE SAUCE

**600 g white chocolate buttons**  
**600 ml double cream**

**1** Place the chocolate buttons and the cream in a bowl over a pan of simmering water for 20–30 minutes, stirring every so often.

When the sauce is hot, it is ready to go.

**2** Five minutes before serving, put the berries on to dessert plates and leave at room temperature to lose a little of their chill. Transfer the chocolate sauce into a serving jug. Place the berries in front of your guests and pour the hot chocolate sauce at the table. Insist that you cover the berries generously for the best result!



**THE CHEF:** British-born Simon Conboy is head chef of The Ivy, Emirates Towers, Dubai. Great-quality ingredients and simple preparation is key to his dishes.



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# Be a chef at home

In the kitchen with Irshad Qureshi, chef de cuisine of Indego by Vineet, Sarah Norfolk for *BBC Good Food ME* created the signature salmon starter with red onion, cucumber and dill raita



A talented, versatile chef, Irshad Qureshi has gathered inspiration from the large array of countries that he has worked in - Mauritius, Korea and England to name a few. Luckily for us he has settled in Dubai and is working in conjunction with the legendary Vineet Bhatia. Their aim is to create beautifully flavoursome Indian food with a contemporary feel designed to suit the Western palate.





### Spiced home-smoked salmon with red onion, cucumber and dill raita

SERVES 4

600g salmon fillet, scaled, pin-boned and cut into 5cm chunks

#### FOR THE MARINADE

- 1 tbsp ginger paste
- 1 tbsp garlic paste
- 3 tbsp grainy mustard
- 3 tbsp honey
- 3 tbsp plain yoghurt, lightly whisked
- 1 tbsp turmeric
- 1 tsp red chilli powder
- 1 tbsp fresh ginger, finely chopped
- ½ tbsp green chilli, finely chopped
- 1 tbsp lemon juice
- 2 tbsp fresh coriander, finely chopped
- 2 tbsp dill, finely chopped

#### FOR THE SMOKING

- 2 pieces of charcoal
- 8 green cardamom pods
- 6 cloves

- 1 tbsp ghee

#### FOR THE RAITA

- 1 tbsp red onion, finely sliced
- 1 tbsp cucumber, (peeled, cut into ¼'s length ways) finely sliced
- 1 tbsp dill
- 6 tbsp thick plain yoghurt
- a pinch of paprika
- a pinch of sugar

## Step-by-step at Indego by Vineet



**1** Mix all the marinade ingredients together in a large bowl. Season with salt to taste.



**2** Place the salmon chunks into the marinade and gently coat well (taking care not to break them). Set aside for 30 mins.



**3** For the smoking – create a small basket out of tin foil. Set aside. Using tongs, heat the charcoal over a gas burner (or open flame) until red hot. Place the charcoal into the basket and place it in the centre of the salmon.



**4** Sprinkle the cardamom and cloves onto the charcoal and pour over the ghee. As it begins to smoke immediately cover with tin foil securing the edges tightly to trap the smoke in. Leave for 6 hours.



**5** For the raita - mix all the other ingredients into the yoghurt. Season to taste. Chill for later.



**6** Preheat the oven to 190C. Soak the bamboo skewers in warm water for 30mins. Thread the salmon chunks onto them carefully and place on a sheet of tin foil over a baking tray.



**7** Cook the salmon for 5-6 mins. Baste with any leftover marinade then grill for 2 mins to lightly brown. Rest the salmon for a few minutes, remove skewers and serve with the raita.



# From your kitchen

Varsha Kapoor, from London, loves travelling and spending time with her grandchildren. She cooks this North Indian dish for the whole family at Diwali. It's a vegetarian meal that many Hindus enjoy during this festival

## Malai kofta with spicy gravy

SERVES 4 • PREP 25 mins •

COOK 35 mins **Easy** **V** **GF**

800g/1lb 12oz potatoes, peeled

5 tbsp plain flour

2 eggs, beaten

100g/4oz fine breadcrumbs

oil for frying

### FOR THE FILLING

2 heaped tbsp grated paneer cheese

5 cashew nuts, chopped

1 tbsp raisins

2-3 green chillies, finely chopped

¼ tsp sugar

1 tsp each ground coriander, cumin and chilli powder

½ tsp cardamom powder

3 tbsp vegetable oil or ghee

### FOR THE GRAVY

2 medium onions, chopped

3 garlic cloves, crushed

large piece ginger, grated

1 tbsp peanuts or cashew nuts

3 tbsp vegetable oil

3 large tomatoes, puréed

1 tsp chilli powder

½ tsp each garam masala, ground coriander, cumin and sugar

flaked almonds and single cream, to serve

**1** Boil the potatoes until tender, then drain, return to the pan and put over a low heat to steam dry for a few mins. Mash with some seasoning and cool.

**2** Mix all the filling ingredients together. Make 12 balls of potato. Take one, press your finger into it to make a little hole, then place a little of the filling mixture into the centre. Pinch the potato back over to seal and shape into a round. Repeat with remaining potato balls and filling. Roll each kofta in flour, dip in the beaten egg, then roll in the breadcrumbs. Fill a deep saucepan halfway with oil, and heat

until a small piece of bread browns in 20 secs. Fry the koftas in batches for a few mins until golden, then set aside on kitchen paper.

**3** For the gravy, blend together the onions, garlic, ginger, poppy seeds and nuts in a food processor to a purée. Heat the oil, then fry the onion purée until just turning brown. Add the puréed tomatoes, spices and sugar. The gravy should be quite thick, but if you want to thin it down a bit, add a little water.

**4** When the gravy comes to a boil, add the koftas. Heat through and serve with a drizzle of single cream and some flaked almonds scattered on top.

PER SERVING 774 kJ, protein 19g, carbs 78g, fat 45g, sat fat 8g, fibre 6g, sugar 12g, salt 1.18g

### Test Kitchen verdict

These koftas would be great served individually as a canapé, and the sauce could also be used as a dip.

**Celebrate  
Diwali on  
26 October**



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With a subtle, unique taste that is invigorating, Twinings Green Tea is the perfect way to de-stress, unwind and feel at ease. Less caffeinated than black tea, Green Tea is rich in antioxidants, assisting in cell regeneration and generally boosting your wellbeing and energy levels. Green tea has been associated with physical and spiritual wellbeing for centuries, and as such, it is the perfect respite from our stressful lives.

*In our busy, stressful lives, moments of reflection are so important; enjoy a sense of well-being in everyday life with Twinings Green Tea.*

Many of us are guilty of drinking too many cups of coffee in a day, which can actually be dehydrating and have negative effects on our health when too much is consumed. By contrast, a cup of green tea is low enough in caffeine to actively refresh and hydrate the body. As an alternative to water, you can enjoy as many cups as you like and feel the immense benefits for body and mind.

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In our busy, stressful lives, moments of reflection are so important; enjoy a sense of well-being in everyday life with Twinings.

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Green Tea & Orange



Pure Green Tea



# Gaucha arrives in Dubai



Ryan Hattingh

Steaks cooked to perfection, a ceviche bar and wine room stocked with over 205 Argentinean wines; *BBC Good Food ME* just had to find out more about Gaucha, DIFC. Opening in the first week of October, *Lauren Hills* talks to Ryan Hattingh, Gaucha's international operations director about this iconic Argentine restaurant

**An Argentine restaurant with Dutch beginnings – how did Gaucha begin and what was the original inspiration for the restaurant?**

The original Gaucha began in Holland, in the flower market, in 1976. The CEO is Dutch, and the restaurant spread out from there to the UK in 1994, to a location in Piccadilly, London. At that stage it was still considered a typical Argentine steakhouse, but in 2002 we started changing the whole concept, it took on a completely different look and with the guidance of a new creative director, it evolved from typical steakhouse to something very sexy – in black and white leather cow hide, chandeliers and very iconic décor. The décor concept can be described as mixture between the energy of an Argentine gaucho (meaning cowboy) and the sexy ambience of tango dancing. We've started a new element to the offering – a ceviche bar, which is a very typical Latin and Argentine food, almost like an Argentine sushi. There is also a wine room, dedicated to just Argentine wines – there are over 205 varieties. There is an 18m long marble bar with a DJ booth. You can come for drinks or dinner or both; the offering is very broad.

**How would you describe the menu and food concept at Gaucha, what can diners expect?**

We have the ceviche, which is served with cool mashed potato and other side dishes, which is phenomenal. The origins of ceviche dates back a long time, and was first eaten by fisherman coming back from a day out fishing; they would eat fresh fish cut up and cured slightly with salt and lime and their wives would boil potato and create a tasty mash, which was served at room temperature. Our ceviche is very authentic, always served with a side dish of a starch, or with avocado.

And then there are our steaks, which we are known for. Our meat is grass-fed Angus Argentine beef, which we source from about 30 different farms that specifically raise cattle for us to use at Gaucha. We control the quality right from the start, and provenance is key: no hormones, grass fed, free range - these cows roam and have a good life. There is much more flavour with grass-fed cows, and less fat too. With beef, free range cattle are in far better shape. There is far more flavour and texture

from moving, healthy cow. There is amazing flavour in the meat; you don't need to include the bastings, we just put salt on. Our grills are made in Germany, and very specific; with v-shaped water baths underneath. The water steams up to give a little more moisture. The way we cook is on a much lower heat, none of the hot-pan nonsense, and we only turn the meat once.

Our griller has been with us since 1976, and he trains all of our chefs who handle the grills. Our empanadas – homemade pastries, are great, as well as our gorgeous dulce de leche desserts!

**You mentioned you have 205 varieties of Argentine wines, can you tell me a bit more about what we can expect?**

We have a wine room dedicated to the wines, which are varieties from Argentina. We have vineyards that make exclusive blends especially for Gaucha. Argentina has the oldest Malbec vines in the world, and creates beautiful, beautiful wines. Our sommelier is very knowledgeable about wines, and our approach is that we don't want to be intimidating, we want people to learn and experience the different wines. We will be hosting wine masterclasses and chocolate and Malbec tastings, beef and wine matchings, ceviche and wine tastings – so watch this space!

**There has been an expansion from London to the Middle East, namely Kuwait, Beirut and now Dubai? Why Dubai, and will there be further expansions into this region?**

Dubai has always been on the cards, it is something I've always wanted to do, and we are hoping to expand to Abu Dhabi in the future. DIFC is the perfect location for us; is comparable to the city of London, so we are very comfortable in this type of environment. We have fantastic restaurants like Zuma and La Petite Maison as neighbours, and already we have a good relationship. We are all different concepts, so we hope people might go for a drink in Zuma, then dinner in Gaucha and carry on to Caramel for more drinks. Or Gaucha for a drink and over to Zuma or La Petite Maison – we're a community of great restaurants.



**With other Latin American restaurants opening, and existing Argentine restaurants being so popular in Dubai, how will Gaucho stand out from the crowd; what makes it unique?**

Our philosophy is about provenance, value and quality; we want people to walk out of Gaucho feeling like they had the best service, best food, best ambience. Food quality, what we do, and how we do it is unique. From our grilling techniques to our ceviche bar, it is all authentic from a restaurant that has been creating real Argentine food since 1976. We have 80 highly trained staff from Europe, who really know the vibe.

**Who is the head chef; where does he come from, and where was he working previously?**

Phil Neil, started in 2005 with Gaucho, and he opened the Broadgate restaurant, when we implemented our new look and feel design. Since then, he opened Richmond with me, so he's done his fair share of openings. Before coming to Dubai, Phil went to Argentina to work with Gaucho's executive chef Fernando Trocca. In the Dubai restaurant, we have taken 25 existing staff that have worked with us in other Gaucho restaurants. We have a family of people who have worked with Gaucho for a while, so there is a lot of understanding, knowledge and experience. Every member of staff trained off-sight in a Gaucho academy, which we are famous for it in London.

*An exciting addition to DIFC, Argentine restaurant Gaucho opens the first week of October 2011.*







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### DINING

- \* Best European Restaurant
- \* Best Mediterranean Restaurant
- \* Best Asian Restaurant
- \* Best Indian Restaurant
- \* Best Latin American Restaurant
- \* Best Middle Eastern/North African (MENA) Restaurant
- \* Best Café
- \* Best Brunch
- \* Best Family/Casual Dining
- \* Best Steakhouse
- \* Best Bar & Lounge Food
- \* Best New Restaurant  
*Any restaurant that opened on or after 1 October 2010*
- \* Restaurant Of The Year
- \* Chef Of The Year  
*A category open for all professional chefs working in the UAE including executive/head chefs, chef de cuisine, stand alone chefs, pastry chefs etc.*

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- \* Favourite dried herb and spice brand
- \* Favourite dairy brand
  - For cheese
  - For cream
  - For butter
  - For milk
- \* Favourite sauces, pesto, marinades brand
- \* Favourite shop for seafood
- \* Favourite shop for meat
- \* Favourite shop for organic
- \* Favourite shop for fresh produce

For more details about the categories, the judging and the event visit our awards page on [www.bbcgoodfoodme.com](http://www.bbcgoodfoodme.com). Nominations close at the end of November 2011 and the finalists will be revealed on 1 December 2011.



# Mastering the Omani lobster

Park Hyatt Dubai held their Masters of Food & Wine festival at Traiteur at the end of last month. An amazing experience of live cooking demonstrations, wine tasting sessions and dinner, *BBC Good Food ME* caught up with the three talented chefs to master cooking the Omani lobster in three diverse ways



● *The Omani Lobster is very meaty, but not overpowering in flavour, which means it is easily used in various cooking styles (poached, fried, grilled) and a host of different ingredients go along with it seamlessly. It is an ingredient that is available all year round, and that is found in any local supermarket* ●

### Lobster Rossini style

By Simon Wipf,  
sous chef of Traiteur,  
Park Hyatt Dubai  
SERVES 4



4 80g lobster medallions, semi-cooked  
50g foie gras, raw slice (optional)  
10g winter truffle  
20cl beef jus  
160g pak choi, with leaf  
40g spring onions  
1 slice of bread, cut into four fingers  
12 pieces green shiso leaf  
20g butter (preferably infused with truffles)  
50ml olive oil  
50ml chicken stock  
50g butter, cut into cubes  
salt and pepper to taste

**1** Take the lobster and cook in salted bouillon for 4 mins. Take out and keep on tray until warm. Remove the tail and the shell carefully. Clean the lobster with paper and remove the stomach. Cut into 80g medallions. Keep on the side.

**2** Take the Pak choi wash and peel. Sauté in Olive oil. Add chicken stock and butter, salt and pepper. Keep it crispy.

**3** Take the slice of foie gras season with salt and pepper and pan fry.

**4** Marinate the lobster in a little olive oil and sea salt and reheat in salamander (culinary broiler) slowly.

**5** Reheat the Beef jus and add the julienned truffle. Cut the green shiso and keep for garnish. Make bread chips in oven and keep for garnish. Finely slice the spring onion.

**6** To finish: Place the pak choi in middle of the plate, add the warm lobster and top with foie gras slice (optional). Add truffle sauce and truffle slice. Add the Truffle butter on top of the bread chips and place it on the side of the plate. Garnish with green shiso and spring onion.



### Panang lobster with mangoteen

By Supattra Boonsrang,  
chef de cuisine, The Thai  
Kitchen  
SERVES 1



600g Omani lobster  
30g panang curry paste  
30g palm sugar  
10g kaffir lime leaves  
30g lesser ginger (ka-chai)  
10g sweet basil  
10g red chilli  
500g mangoteen  
150ml coconut milk  
30ml fish sauce

**1** Clean the lobster properly; open the back of the lobster and take out the meat gently, being careful not to break the lobster. Set aside.

**2** Make the crispy chillies by slicing them thinly and heating in oil in a wok over medium heat until the chillies are crispy. Remove the chillies and drain. Set aside. Do the same with the kachai and sweet basil.

**3** Heat oil in a pot. Add the panang curry paste and stir to release the fragrance. Add coconut milk, fish sauce and palm sugar. Add the lobster. Reduce heat to a simmer until the rest of the panang curry has been absorbed by the lobster. Add the mangoteen and leave on heat for about 5 mins more.

**4** To serve, arrange the panang lobster in the lobster shell and garnish with crisp, sweet basil, red chilli and ka-chai.



## CHEF'S BITES

### PARK HYATT DUBAI

#### Sayadiet lobster

*B Ali Al Haj, chef de cuisine of Cafe Arabesque*

SERVES 4



2kg Omani lobster  
1kg rice  
200g ghee  
500ml corn oil  
500g onions  
20g salt  
10g white pepper  
20g caraway powder  
10g pine nuts

**1** Clean the Omani lobster very well and grill until nicely cooked – firm, but still tender.

**2** To create the stock, brown a few slices of onions in oil and then add the lobster bones to water and leave boiling until the bones become a dark brown colour. Drain the stock and keep aside.

**3** Cook the rice with a little ghee, and then add the fish stock to rice and add salt, pepper, cumin and leave the rice until cooked.

**4** Place the rice onto a plate with a piece of lobster, fried onions and pine nuts on top.

*“The simplest and quickest way to cook Omani lobster is grilling it, and just adding some olive oil, salt and lemon”*



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# Cooking in D's kitchen

Dalia Dogmouch of D's Kitchen food blog and co owner/master chef of Kitsch Cupcakes whips up a divine Indian-inspired dinner party menu



*“I was very excited to whip up an Indian feast, because even though I love Indian food, I never cook it at home. I had an idea of which dishes I would like to try, and tried out a few flavours before perfecting these dishes. I’m so glad it turned out so delicious! 9*

## **Red lentil dhal**

SERVES 6 - 8

**2 ½ cups red lentils**  
**4 ½ cups chicken stock**  
**1 tsp turmeric powder**  
**1 tsp cumin powder**  
**1 tsp white pepper**  
**4 garlic cloves, minced**  
**½ tsp red chili flakes (or more if you like it very spicy)**  
**3 large tomatoes, diced**  
**¼ cup parsley, finely chopped**  
**salt to taste**

**1** In a saucepan, combine lentils, stock, spices and salt. Bring to a boil, then reduce the heat and simmer for about 20 minutes, until the lentils are tender.

**2** In a small pan, add some nut oil, and fry the garlic until slightly coloured, add the chili flakes and cook for another minute or so (do not burn the garlic).

**3** Add garlic, diced tomatoes and parsley to the lentils and serve. Delish!



**Butter chicken**

SERVES 6 - 8

8 boneless chicken breasts (no skin), cut into pieces  
1 large onion, finely chopped  
6 garlic cloves, minced  
2 tbsp grated ginger  
½ red chili, finely sliced  
2 tbsp cumin powder  
2 tbsp garam masala  
2 tbsp turmeric powder  
1 pack tomato puree (200ml)  
1 can coconut milk (400ml)  
¼ cup heavy cream  
400ml chicken stock  
½ cup yoghurt  
a handful of almonds

1 tomato, chopped

½ cup fresh coriander, finely chopped  
salt to taste

**1** In a large pan or wok, heat some nut oil and cook the onions until slightly brown, add the ginger, garlic, chili and all the spices and cook for a few minutes.

**2** Add the chicken and cook until nicely browned, then add the stock, coconut milk and tomato puree. In a blender, liquify the chopped tomato with almonds and add that to the pan.

**3** Cook for about half an hour on low heat, then add the cream, yoghurt and salt to taste and cook for another 45 minutes, or until the chicken is tender.

**4** Add the coriander at the end, check for seasoning and serve with basmati rice.



**Quick cucumber salad**

SERVES 6 - 8

6 cucumbers, thinly sliced  
¼ cup rice vinegar  
½ tsp salt  
½ tsp sugar  
2 tbsp fresh mint, chopped

**1** In a bowl, toss the cucumbers, vinegar, salt, sugar, and mint.

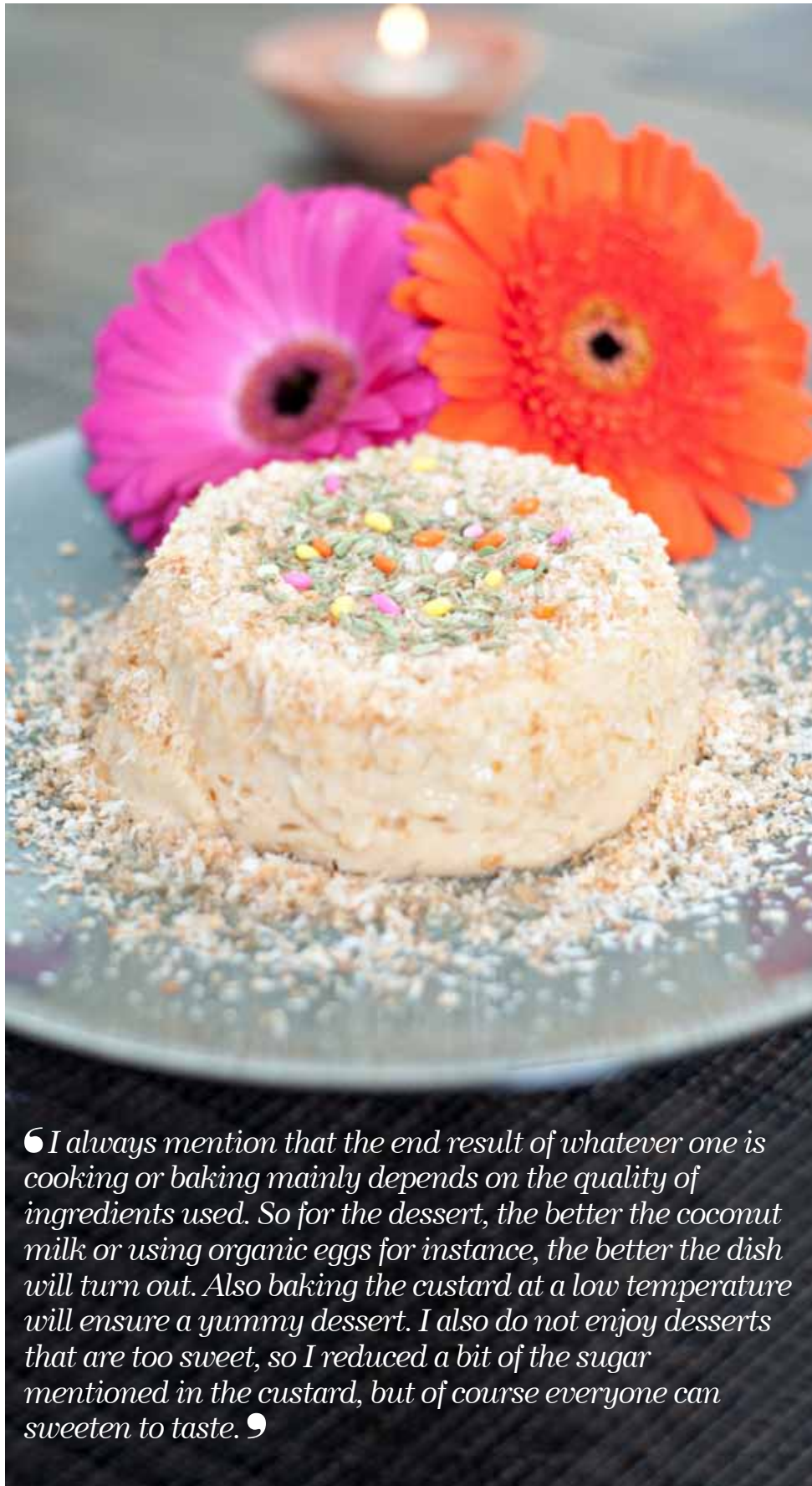
**2** Place in the fridge to marinate and cool for at least 30 minutes and serve cold.

*“I love spice, but I did try to smoothen out the butter chicken recipe just a bit. Especially because I was feeding my sister’s kids that day too! So you can add more or less chilli if you wish, and of course increase or reduce the spice mixture”*



## CHEF'S BITES

### DALIA DOGMOCH



“I always mention that the end result of whatever one is cooking or baking mainly depends on the quality of ingredients used. So for the dessert, the better the coconut milk or using organic eggs for instance, the better the dish will turn out. Also baking the custard at a low temperature will ensure a yummy dessert. I also do not enjoy desserts that are too sweet, so I reduced a bit of the sugar mentioned in the custard, but of course everyone can sweeten to taste.”

#### Coconut pudding

SERVES 6 - 8

- 1 can coconut milk
- 1 can condensed milk
- 1 cup brown sugar
- ½ cup water
- 5 eggs
- 1 cup toasted coconut

- 1 Preheat oven to 125C. In a bowl, whisk the eggs and the sugar until creamy.
- 2 In another bowl whisk the coconut milk with the condensed milk and water.
- 3 Add the coconut milk mixture to the whisked eggs and combine well.
- 4 Place ramekins in a baking tray, and pour the custard into the ramekins. Then add boiling water to the baking tray, reaching about half way up the ramekins and bake for 1 hour, until firm.
- 5 Remove from the oven and let it completely cool before using a knife to loosen the pudding. Turn it upside down on a plate and sprinkle generously with the toasted coconut. Enjoy!





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# Bali

So laid-back it's almost horizontal, Ubud, in central Bali, is the ideal place to take your time over breakfast, linger over lunch, dawdle over dinner and have all your worries massaged away

Words RHIANNON BATTEN

**B**oasting a landscape where the mountains are trimmed with rich green paddy fields and finished with a border of pure white beach, Bali has always been high on the list for heat-seeking celebs and honeymooners. Touch down on this small Indonesian island and you can't help but feel your pulse slow – especially if you head straight for the laid-back, leafy hangout of Ubud, in the centre of the island.

Surrounded by shockingly verdant slopes, atmospheric candlelit temples and mist-shrouded lily ponds, and set away from the fume-spewing motorbikes and *bemos* (taxi minivans) of the town centre, Ubud's got the serenity thing all wrapped up – the only thing that will disturb you here is the odd croak of a frog in a neighbouring paddy field.

Dubbed the cultural heart of Bali, although it's becoming increasingly developed, it's still a world away from the beer-swilling, sarong-flogging tack of beachside Kuta, in the south of the island. Around Ubud you're more likely to see ancient temples (although Indonesia is largely Muslim, Bali is predominantly a Hindu island) and traditional ceremonies than nightclubs and wet T-shirt competitions. Wander through the town, past stalls selling woodcarvings and neatly stacked piles of *batik* or *ikat* cloth (woven from tie-dyed yarn) and you also quickly realise that Ubud has a strong indigenous art and crafts scene. Ever since Russian-born artist Walter Spies settled here in the 1930s, Ubud's hypnotic calm has attracted a stream of foreign artists – many so inspired by the local scenery that they never left.

Visit and you'll probably find yourself facing the same dilemma. But whatever you do, go soon. Following the Bali bombing in 2002, the Foreign Office advised against travel to the island. In July 2004, the ban was lifted and the rush to return continues today.



## EAT LIKE A LOCAL

As you'd expect from a spice island, Bali's chefs are pretty handy with the condiments. Classic Balinese dishes involve a subtle mix of *sambal* (a sugary chilli paste), shallots, garlic, ginger, turmeric, *galangal* (related to ginger), *cekuh* (another ginger-like root), cardamom and red peppers. Like the Thais, the Balinese also use shrimp paste (here called *trasi*).

The main staple is rice – and lots of it (the average person here gets through half a kilo of the stuff every day). A typical meal consists of rice, a couple of vegetable dishes – beans, water spinach (*kangkung*), sweet potatoes, corn or jackfruit served with sambal, peanuts, grated coconut and spices – and maybe some fried fish or meat brought back from *warungs* (food stalls). Rather than eating these as separate courses, the dishes are usually served together, with a chicken or beef broth poured over the rice.

Another legacy of trade in the spice islands is that, in common with the rest of Indonesia, Bali boasts some surprisingly multicultural flavours. They've got the Chinese to thank for *nasi goreng* (fried rice with vegetables) and *mee goreng* (the same but with noodles), while India gave local kitchens a flair for curries and, during Dutch rule, the *rijsttafel* developed. Literally 'rice table', a *rijsttafel* is a banquet of meat, vegetable and rice dishes.

But there are some important distinctions between Balinese food and that of the rest of Indonesia. As the population is largely Hindu, pork is a relatively common meat. And, as the island's rough coastline made port-building difficult, fish has not traditionally been the most important food source. Seafood is becoming increasingly common now, though.

Bringing things to a sticky end, how about some fermented sticky rice, *tape*, for dessert? If that doesn't float your boat, more mainstream desserts include *pisang goreng* (banana fritters) or a fruit salad. Not the most exciting choice at home, maybe, but here it can mean anything from rambutans, mangosteens and durians to *lengkengs* (like lychees) and jackfruits. Best of all, it will taste as good as it looks.





# TRAVEL BALI

## WHAT TO LOOK OUT FOR ON A MENU

*Bubur ayam*, a thick rice porridge with chicken pieces, may not be to everyone's taste, but *satay* (small pieces of meat served on a skewer and usually accompanied by a peanut sauce) is cheap, widely available and completely delicious. If you're vegetarian, you can usually find *satay* made with tofu, instead.

Bali's most popular dish is *babi guling*, spit-roasted sucking pig (often just ordinary pork). *Betutu bebek*, duck stuffed with spices and vegetables, wrapped in a banana leaf and cooked in hot ashes for a few hours, is another special dish.

The other things to look out for, though not to eat, are the tiny trays of food offerings to the gods you see everywhere in Bali.

## WHAT TO DRINK

Most Balinese don't drink anything with a meal but have water or tea afterwards. But there's no point taking cultural assimilation too far. If you're feeling bold, try one of the local tipples – *arak*, a brain-stewingly strong distillation of palm wine or *brem*, made from fermented sticky rice. Or play it safe with an ice-cold bottle of Bintang beer. As for a soft drink, a chilled glass of young coconut juice is the business.

## WHERE TO EAT

Ubud has a great selection of restaurants, many serving traditional food in spectacular lotus pond-filled settings. Better still, unless you're indulging at one of the international hotels (which are well worth a splurge), you can eat very well very cheaply. **Café Wayan & Bakery**, on Monkey Forest Road (00 62 361 975 447), is one of the most long-standing restaurants, with a bakery in front and a clutch of secluded tables in the garden out back.

Another popular eatery is the Aussie/Balinese-owned **Casa Luna**, which also holds traditional cooking classes (Jalan Raya, 00 62 361 973 283; [www.casalunabali.com](http://www.casalunabali.com)).

If you want to walk up an appetite, take a scenic, 20-minute stroll over the hill to Klub Kokos in neighbouring Bangkiang Sidem village. Owned by a local artist, this café and gallery does a mix of Balinese and Western food (00 62 361 978 270; [www.klubkokos.com](http://www.klubkokos.com)). And, if you're craving something with more kick than a weedy Nescafé, grab an espresso at hip **Café Tutmak**, on Jalan Dewi Sita (no phone).

## WHERE TO STAY

### BOUTIQUE CHIC: UMA UBUD

A boutique hotel from Christina Ong (whose stylish properties stretch from Parrot Cay, in the Caribbean, to the Kingdom of Bhutan and London's Metropolitan Hotel), Uma Ubud opened in July 2004, offering everything from private infinity pools to open-air yoga. On the food front, Australian chef Chris Millar, who's cooked at Neil Perry's Rockpool in Sydney, keeps the emphasis on Balinese flavours. (00 62 361 972 448; [www.uma.como.bz](http://www.uma.como.bz)).

### ON THE RETREAT: AMANDARI

There are three Aman hotels on Bali, but the Amandari, outside Ubud, is the one that will have your jaw dropping. It's designed as a Balinese village of thatched suites, each with a private garden, most with a private pool. The hotel's restaurant, which serves Indonesian and Western dishes, is set on the edge of a lush gorge. (00 62 361 975 333; [www.amanhotels.com](http://www.amanhotels.com)).

### SPA HEAVEN: BEGAWAN GIRI

The owners of Begawan Giri took a decade to develop the concept and it shows. The jungle setting is stunning: secluded villas are perched above a river 12km north of Ubud and there's a choice of restaurants (there are poultry, fish and prawn farms in the grounds to ensure freshness). Most people come for the spa, though. (00 62 361 978 888; [www.begawan.com](http://www.begawan.com)).

### COMMUNITY SPIRIT: SUA BALI

Set in the village of Kemunuh, about 20 minute's drive from Ubud, Sua Bali offers delicious, fresh food, a cool, eco-friendly ethos and simple but chic open-sided rooms that let the sunrise seep right up over mist-covered palm trees into your bed. Cooking classes are also available. (00 62 361 941 050; [www.suabali.co.id](http://www.suabali.co.id)).

### DO IT YOURSELF RUMAH BUKIT JATI

A stately old Balinese villa, overlooking paddy fields on the edge of Ubud, this beauty has three bedrooms, three bathrooms, a shady verandah and separate kitchen and dining pavilions. If looking after yourself doesn't sound relaxing enough, fear not – the villa comes complete with staff. ([www.bali-tropical-villas.com](http://www.bali-tropical-villas.com)).



## Poached chicken salad with sambal matah

SERVES 6 • 30 minutes

Chicken salad with a Balinese twist from the Uma Ubud hotel.

- 6 lemon grass stalks, bruised
- 20 kaffir lime leaves, roughly torn
- 8 garlic cloves, bruised
- 8 small hot red chillies, bruised
- 250ml coconut milk
- 4 chicken breasts, skinless
- 12 cherry tomatoes, halved
- 6 snake beans, or green beans, cut into lengths and blanched
- 1 cucumber, cut into paper-thin slices
- 2 carrots, julienned
- 4 shallots, fried until golden and crispy
- 1 bunch coriander, leaves picked
- 1 bunch mint, leaves picked
- Sambal**
- 6 shallots, finely sliced
- 6 kaffir lime leaves, finely shredded
- 4 stalks lemon grass, finely chopped
- 4 long red chillies, shredded
- 1/2 tsp shrimp paste, roasted (wrap in foil and grill for 2 minutes)
- 125ml peanut oil
- 2 limes, juiced

Tip the first 5 ingredients into a pan, add 1.5 litres water and bring to the boil. Add the chicken and turn off the heat. Cover, and leave for 15 minutes until just cooked

Remove chicken to cool, before shredding into long pieces. Discard poaching liquid.

To make the sambal, mix the shallots, lime leaf, lemon grass and chillies in a heatproof bowl, then crumble in the shrimp paste and season with 1 tsp salt. Heat the peanut oil until almost smoking and pour over the mixture. Stir in the lime juice.

Dress the chicken with the sambal and combine with the vegetables, fried shallots and the herbs.



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# Postcard from Edinburgh

Marina O'Loughlin travels to Scotland's capital city, rediscovers its fine pubs and produce and finds great new restaurants

I had forgotten how beautiful Edinburgh is. Not in a mimsy, cottages-and-window-boxes kind of way, but with a craggy handsomeness that stops you in your tracks. Turn an urban corner and you catch glimpses of crag and silvery Forth; austere grey exteriors give way to light-filled, high-ceilinged rooms – welcome to Auld Reekie's many paradoxes.

We're staying in one of the butchest of all the imposing terraces, at 21212 (21212 restaurant.co.uk) – luxurious home from home if you happen to be a beetle-browed Scottish laird. The lofty, classic dimensions have been softened and lent quirkiness with moth and thistle carpets and blowsy Caravaggio murals. We arrive on a Monday when the hotel's Michelin-starred restaurant is closed, and it seems like we have the entire place to ourselves, a spooky and not entirely unpleasant experience. Especially when we realise that gasp-inducing Italian super-deli Valvona and Crolla (valvonacrolla.co.uk) is only a stagger away.

For a city with such a strong Calvinist streak, Edinburgh's boozers are astonishingly sybaritic. Just look at the exuberant tiling in the Kenilworth (nicholsonspubs.co.uk), which is deliciously camp thanks to exuberant Edwardian bedizening. Or the Guildford (guildfordarms.com), with its riot of gilded ornamentation.

Or our dinner destination, the gorgeous – in the truest sense – Café Royal (caferoyal.org.uk). We're in the baroque oyster bar, one of the loveliest rooms in Britain, complete with ghost. Perhaps that's who's cooking: apart from the un-faffed-with bounty of the sea – ozoney, meaty oysters – it's not a happy dinner. 'Home-smoked delights' are a little curly and fatigued; Stornoway black pudding and apple gratin is nothing of the sort, and features sun-dried

tomatoes and pine nuts. Why would you do that to a blameless black pudding?

A more successful destination is The Dogs (thedogsonline.co.uk), a joint that shook up staid Edinburgh by offering excellent Scottish ingredients at remarkably affordable prices. In a beautiful New Town room we find macho, well-executed, cheap-cuts-and-offal cooking. Pig's trotter and pig's ear salad is a little too hardcore for me, but D loves it. I'm just devastated there's no pork pie left. But then I'm always devastated by the absence of pork pie.

Edinburgh's showing us her best profile, then things start to go, as locals would say, agley. We're supposed to be going to The Kitchin (thekitchin.com), where the eponymous Tom is showstopping with his sophisticated, assured cooking. But we're kidnapped – seriously, bundled into a car – by a new friend (yes, you, Billy Day of Bacchus Antiques) and compelled to go to The Canny Man's (239 Morningside Rd; 0131 447 1484) in crooked-pinkie Morningside.

Instead of grooving on the likes of ravioli with lambs' sweetbreads or rump of Dornoch hogget, we're in a room that seems to have been decorated by a serial killer with a penchant for expensive malts, choosing from a menu of a thousand and one open sandwiches. There's a terrifying, Nurse Ratched-like dame in charge; clientele is a weird mix of louche chaps and neat old ladies. 'Neat?' scoffs Billy. 'They'd eat you alive.' Of course, I absolutely love it.

The afternoon degenerates. I vaguely remember a two-headed dachshund in Scotland's oldest pub, The Sheep Heid Inn (sheepheid.co.uk) a dark, atmospheric howff [haunt] in the village of Duddingston. (It isn't, it's one daschund

on top of another.) And some lurid stovies, a Scottish delicacy of layered potatoes 'stoved' with onions and mince, in the elegant Cumberland Bar (cumberlandbar.co.uk).

Coffee. Bring me COFFEE. On foodie enclave Broughton Street is Artisan Roast (artisanroast.co.uk), a teeny temple of serenity for those who worship the reviving bean, wallpapered in old coffee sacks. Earnest, bearded boys serve their own roasts and blends; we have a staggeringly good house espresso, and chilli, vanilla and cinnamon hot chocolate to a soundtrack of swamp rock. A sign reads 'JK Rowling never wrote here'.

Edinburgh now boasts more Michelin stars than any UK city apart from London. And our meal at 21212 deserves every spike of its sparkler – it's a humorous and clever romp without losing sight of deliciousness: plates look like elaborate puzzles, ingredients deliver snort-making surprises like parchment made from mushrooms, or smoked salmon with fingernail-sized buttered crumpets, all in a room that looks like Shrek's pulling parlour. But a surprise highlight of our trip is a modest one. Haymarket's frantic, rackety Chop Chop (chop-chop.co.uk) serves some of the best dumplings I've tasted outside Hong Kong. Jiao zi, chewy little boiled numbers; guo tie, potstickers of a violently addictive nature, especially the beef and chilli; even peanut dumplings for pudding.

Edinburgh can be as deluxe or as grungy as you want it to be – designer food in soigné surroundings or a surprise thrill in a clatterly canteen. Not to mention the frisson of the, erm, unexpected. But rediscovering its severe beauty is the biggest thrill of all.



TRAVEL  
EDINBURGH



Guo tie fried  
dumplings,  
Chop Chop





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# Food for the Weekend

- No tricks just treats
- Children's birthday party
- Cooking with a manicure
- James Martin's roast

It's party  
time!

97 Almond & apricot trifles



107 Red velvet cake



108 Pumpkin passion cupcakes



90 Ultimate chocolate cake






# No tricks just treats!

Create something sweetly spooky for a Halloween party  
Recipes JANE HORNBY Photograph LIS PARSONS

## Malloween ghosts

MAKES 18 • PREP 40 mins plus cooling and decorating • COOK 10 mins

Moderately easy 


100g/4oz unsalted butter, plus a little extra for the tin  
300g/11oz pink and white marshmallows  
200g/7oz rice cereal (try Rice Krispies)  
300g/11oz white chocolate, melted, for coating  
a little melted plain chocolate or black writing icing, to decorate  
wooden lolly sticks or coffee stirrers (stirrers are a little more bendy)

**1** Butter, then line a 30 x 20cm Swiss roll tin with baking parchment. Melt the butter in a large non-stick saucepan. Tip in the marshmallows, then melt very gently for about 10 mins, stirring regularly to make sure they don't stick.  
**2** Once smooth, stir in the cereal until all of the grains are coated. Spoon the mix into the tin, then press down to make it flat and smooth. Chill until cool and set. *Can be made up to 2 days ahead.*

**3** Make the ghost shapes two ways. Cut the cake into rectangles, then use a sharp knife to round off the tops and zig-zag the bottoms. Or, to make flying ghosts, stamp out circles about 9cm across and use a sharp knife to divide into teardrop-shaped ghosts. Cut pieces of leftover cake to make arms, if you like.  
**4** Carefully push a lolly stick into the bottom of each ghost. Put onto a cooling rack. If you've made arms, stick them on using a little white chocolate, then spoon over more chocolate and paint it over and down the sides of the ghosts with a pastry brush. Leave to set. Pipe on eyes with the plain chocolate or icing.

PER GHOST 233 kcs, protein 3g, carbs 35g, fat 10g, sat fat 6g, fibre none, sugar 22g, salt 0.24g

## Scary skull biscuits

MAKES 16 sandwiched or 32 single biscuits • PREP 20 mins plus chilling, cooling and decorating • COOK 15 mins per batch **Easy** 

200g/7oz unsalted butter, very soft  
140g/5oz golden caster sugar  
1 large egg yolk  
1 tsp vanilla extract (or vanilla essence)  
300g/11oz plain flour  
about 100g/4oz raspberry jam (or use lemon curd or chocolate spread)

### FOR THE ICING

140g/5oz icing sugar, sifted  
food colourings (optional)

**1** Heat oven to 180C/160C fan/gas 4 and line 2 large baking sheets with baking parchment. Put the butter, sugar, egg yolk, vanilla and ¼ tsp salt into a large bowl and beat with a wooden spoon until smooth. Stir in the flour to make a stiff dough, then shape into 2 discs, cover with cling film and chill for 10 mins.

**2** With plenty of extra flour on the work surface and rolling pin, roll a batch of dough to the thickness of a £1 coin. Stamp out as many 7cm rounds as you can. In half of the rounds, stamp out 2 eye sockets with an apple corer, then use well-floured fingers to pinch the jaw shapes. Lift onto the baking sheets. Bake for 15 mins or until pale golden, then cool for 2 mins before lifting onto a wire rack.

**3** Sandwich the cold biscuits together with the jam. Mix the icing sugar with 4 tsp water until smooth, divide into 3, then colour as you like. Put into piping bags, snip off the tips, then pipe spooky patterns and faces onto the skulls.

PER BISCUIT (16) 249 kcs, protein 2g, carbs 38g, fat 11g, sat fat 7g, fibre 1g, sugar 24g, salt 0.01g


**TIP** To make the biscuit recipe simpler for young children, there's no need to stamp out the eye shapes – just shape the jaws and bake. Stick on round sweets or pipe on eyes with writing icing as part of your decoration.

### KNOW-HOW

Using half oil and half butter makes these cupcakes a little lower in saturated fat and also keeps them moist if you're baking ahead.

**TIP** Try using Liquorice Allsorts, jelly beans, Haribo Liquorice Favourites, plus some hundreds and thousands. ▶

## Monster cupcakes

MAKES 12 • PREP 15 mins plus cooling and decorating • COOK 20 mins **Easy** 

250g/9oz self-raising flour  
25g/1oz cocoa powder  
175g/6oz light muscovado sugar  
85g/3oz unsalted butter, melted  
5 tbsp vegetable or sunflower oil  
(see Know-How, below left)  
150g pot fat-free natural yogurt  
1 tsp vanilla extract  
3 large eggs

### FOR THE FROSTING AND DECORATION

85g/3oz unsalted butter, softened  
1 tbsp milk  
½ tsp vanilla extract  
200g/7oz icing sugar, sifted  
food colourings (optional)  
sweets and sprinkles, to decorate

**1** Heat oven to 190C/170C fan/gas 5 and line a 12-hole muffin tin with deep cake cases. Put all the cake ingredients into a large bowl and beat together with electric hand beaters until smooth. Spoon the mix into the cases, then bake for 20 mins until risen and a skewer inserted into the middle comes out dry. Cool completely on a rack. *Can be made up to 3 days ahead and kept in an airtight container, or frozen for up to 1 month.*

**2** For the frosting, work the butter, milk and vanilla into the icing sugar until creamy and pale. Colour with food colouring, if using, then create your own gruesome monster faces using sweets and sprinkles (see tip, below).

PER FROSTED CAKE 389 kcs, protein 5g, carbs 53g, fat 19g, sat fat 9g, fibre 1g, sugar 36g, salt 0.3g





Monster cupcakes


Scary skull biscuits

Malloween ghosts



## Chocolate spider cookies

MAKES 14 • PREP 30 mins •

COOK 5 mins **Easy** 

**200g/7oz dark or milk chocolate,  
broken into chunks**

**113g pack liquorice Catherine wheels**

**2 x 154g packs Oreo cookies**

**white and black icing pens**

**1** Melt the chocolate in a heatproof bowl over a pan of barely simmering water. Once melted, turn off the heat and leave the chocolate in the bowl to keep warm while you assemble the spiders.

**2** Unroll some of the liquorice wheels and cut into 2-3cm lengths to use as the Chocolate spiders' legs.

**3** Splodge a small tsp of chocolate onto half of the cookies. Arrange eight liquorice legs on top, then sandwich with another cookie. Spread some more chocolate on top of the second cookie to cover, then put somewhere cool to set.

**4** Use the icing pens to add eyes, by first blobbing two big dots of white icing on each, topped with two smaller dots of black icing.

PER SERVING 201 kcals,  
protein 2g, carbs 30g, fat 9g,  
sat fat 5g, fibre 1g, sugar 23g,  
salt 0.32g

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# Cooking with a manicure

Fun-loving foodie *Farah Sawaf* creates some deliciously-easy puddings for you to create for your next dinner party



## Berry Good Fruit Salad

SERVES 1 ● 5 MINUTES PREPARATION  
AND 1 HOUR IN FRIDGE

*Recommended nail polish colour for this recipe: Beach Party*

**1 cup blueberries**  
**1 cup strawberries**  
**1 cup raspberries**  
**1 tbsp chopped mint**  
**2 tbsp juice of a fresh orange**  
**¼ tsp grated vanilla from stick (if not available, ¼ teaspoon pure vanilla extract)**

**1** Mix all ingredients together and refrigerate for one hour.  
**2** Serve in small ice cream bowls, garnish with vanilla sticks or even a touch of whip cream.

🍷 *This recipe is deliciously simple! Berries are an absolutely gorgeous touch to any dinner party, and the mint gives the sweet berries a bit of a kick. The vanilla undertone will have your guests craving for more!🍷*

For more recipes from Dubai-based foodie Farah Sawaf visit [Cookingwithamanicure.com](http://Cookingwithamanicure.com)



### Cinnamony lemony cheesecake

SERVES 8 TO 12 ● 20 MINUTES PREPARATION  
● 35 TO 40 MINUTES COOKING TIME

#### BOTTOM CRUST

20 digestive biscuits  
½ cup soft unsalted butter

#### FILLING

X2 200g packages of cream cheese  
1 cup white granulated sugar  
1 cup low fat plain yoghurt  
1 egg  
1 tbsp flour  
1 tbsp fresh lemon juice  
1-tsp fresh lemon zest  
1-tbsp vanilla extract  
1-tsp ground cinnamon

Garnish with cracked black pepper and cinnamon sticks

#### Preparation:

- 1 Preheat oven 340 degrees Fahrenheit (170 degrees Celsius)
- 2 In a food processor blend the digestive biscuits slowly mixing in the butter. Remove from the processor and line a baking tin with all the biscuit/butter mix (I use the pie/cake pans with the easy removable sides after baking). Press firmly.
- 3 Give the food processor a quick rinse, as you will use it again. In the food processor mix cream cheese with the sugar, blend well. Then add the yogurt slowly. Blend. Drop the egg into the mixture. Blend. Stir in the flour and lemon juice. Blend. Lastly add the lemon zest, vanilla extract and cinnamon. Blend.
- 4 Gently pour the mix over the pressed biscuit and gently shake to make sure it's even.
- 5 Bake for approximately 35 to 40 minutes, regularly monitoring towards the end.

- 6 Take out and cool. Refrigerate for approximately 1 hour to settle completely.
- 7 Grind fresh black pepper over the surface and lay cinnamon sticks and extra lemon zest for a pretty presentation.

“This cheesecake is not your ordinary cheesecake. It gives you the creamy satisfaction and hits you with zesty spice all in one bite! It will leave your guests wondering how pepper could ever work with this classic recipe... it does! 🍷”



# Breakfast from across the globe

Often touted as the most important meal of the day, breakfast differs greatly from nation to nation. From croissants to curries the diversity is immense; Sarah Norfolk for *BBC Good Food ME* explores how breakfast is enjoyed in various countries



## 🇹🇷 TURKEY

In Turkey, breakfast is called *kahvalti* which translates as 'before coffee'. Unlike many other countries where coffee is a vital part of the morning ritual, Turkish people traditionally drink tea and wait until after breakfast or perhaps even the afternoon for their coffee fix. The morning meal is not just about the food (although there's certainly lots of it!) but it's a time for Turkish families to come together at the beginning of the day.

A traditional breakfast consists of an array of cheeses, including *cökelek* a spicy cheese, Turkish sausage and cold meats, fresh warm bread with jams and honey, black and green olives, as well as chopped tomatoes and cucumbers. Boiled eggs, omelettes and fried eggs are often enjoyed, and the famous Turkish scrambled egg dish *menemen* is a firm favourite. The food is arranged in a buffet style which sets the mood for this laid back, family-orientated meal.



## 🇺🇸 USA

As we know, the Americans like to 'go large' and breakfast is no exception. Pancakes are a very popular option. Unlike the European crepes which tend to be thin, American pancakes are thick, sweet and piled up on a plate often drizzled in maple syrup.

With their love for fast food it is no surprise that toasted muffins filled with scrambled eggs, sausage patty and melted cheese is another favourite to be washed down with a large cups of coffees.

Sweetened cereals and chocolate milk make up the morning meal for many American children, which are worryingly full of artificial flavours and colourings.



## FRANCE

*Le petit déjeuner* is often a quick meal for the French who may grab a slice of toast and some fresh juice at home or stop at a café to read the paper with a *pain au chocolat* and an espresso in hand. The French pastries are second to none and their warm flaky croissants coated with heavenly homemade jam really sums up the essence of a French breakfast.

There is an abundance of cafes, especially in Paris, opening at the crack of dawn. Be sure to take advantage of a true French breakfast on your next visit.



## INDIA

India has a vast range of traditional breakfast *nashta* dishes varying dramatically from region to region. *Dosa* a fermented crepe made from rice batter is a staple food in the southern states of India as well as being popular in Sri Lanka, Malaysia and Singapore. *Dosa* is rich in carbohydrates and contains no sugar or salt making it an ideal food to kick start the day. In Kerala *putti*, steamed rice with layers of coconut, is part of a traditional breakfast served with chickpea curry on the side or a ripe banana.

Breakfast consists of stuffed *paratha* breads (very thin, but dense flatbread) in the Hindu North whilst *shermal* (sweet naan-type bread) is popular in the Northern Muslim regions. The diversity of India itself is hugely reflected in the variety of different traditional breakfast dishes.





## BRITAIN

The Full English breakfast ('bacon and eggs' or a 'fry-up' as it is also known) has become such a popular meal that the majority of pubs in the UK serve the dish throughout the day! Variations of this deliciously-fatty and indulgent breakfast can be seen throughout the country.

The skeleton consists of fried eggs, bacon, sausages, grilled tomato, fried mushrooms, and baked beans served on toast with, lest we not forget, a steaming mug of English brew. Up North bubble and squeak (shallow fried leftover veg) and hash browns are very popular and in Scotland you won't get a fry-up without black pudding!

Despite the vast popularity of the Full English it is considered by many health conscious British families to be a weekly treat due to its remarkably high fat content, whereas in the early 1900's many would eat this hearty breakfast daily to keep them going until the evening meal.

### The full English breakfast

SERVES 2 • PREP 5 mins • COOK about 20 mins •

**Easy** Good source of calcium, folic acid, vitamin C and omega-3s, counts as 4 of 5-a-day **P**

**4 rashers good-quality lean unsmoked back bacon**

**4 brown-cap portobello mushrooms**

**12-16 cherry tomatoes on the vine, room temperature**

**6 tsp olive oil**

**2 slices granary or wholegrain bread, cut on the diagonal**

**2 good quality free-range pork sausages, minimum 86 per cent pork**

**2 free-range, omega-3 rich eggs, room temperature**

**few drops cider vinegar**

**2 x 100ml glasses freshly squeezed orange juice, plus 1 orange, cut into wedges**  
**handful fresh blueberries (about 50g)**

**1** Lay the bacon, mushrooms and tomatoes on a foil-lined tray. Brush the tops of the mushrooms with 3 tsp of the oil and both sides of the bread with the remaining oil. Set aside. Heat the grill to very hot. Lay the sausages on a small foil-lined tray (best not to prick good-quality sausages or they may lose

moisture). Grill for about 10 mins until cooked, turning occasionally.

**2** Meanwhile, three-quarters fill a small pan, and a wide, deep sauté pan with water. Bring both to the boil. Lower an egg into the small pan and remove after 30 secs. Crack the egg into a cup. Add vinegar to the larger pan then, using a wire whisk, swirl the water around to create a whirlpool.

Remove the whisk and slowly tip the egg into the centre of the whirlpool (see top picture).

When the water comes back to the boil, remove the pan from the heat, cover and leave for 3 mins, then remove the egg. Place in a bowl of warm water while you cook the other egg – or cook both eggs an hour ahead, leave in a bowl of iced water, then reheat for 1½ mins in simmering water before serving.

**3** Meanwhile heat a griddle pan to very hot. Place the tomatoes, bacon and mushrooms under the grill for 3-4 mins without turning. At the same time, lay the bread on the griddle pan, cook until crisp, about 1 min each side. Drain everything on kitchen paper.

**4** Remove the eggs with a slotted spoon and drain briefly on a cloth. Arrange everything on a plate and serve with the juice and fruit.

PER SERVING 618 kcalories, protein 37g, carbohydrate 37g, fat 37g, saturated fat 11g, fibre 5g, sugar 21g, salt 3.05g



# Breakfast delights

Already renowned for its superior kebabs and grills, köşebaşı on The Walk, JBR in Dubai serves a scrumptious traditional Turkish breakfast too. It is time to invite the whole family to share this tasty breakfast delight!

A spread of black olives, cucumber and mint, triangles of white cheese and pillows of bread straight out of the traditional oven: this is just the start of the gorgeous, traditional Turkish breakfasts you can experience at köşebaşı, JBR. More savoury than many typical breakfasts, after the refreshing appetisers, you can tuck into a traditional Turkish omelette (*omlet*) in a variety of flavours, or the *menemen*, which is a deliciously-fluffy scrambled egg dish cooked with green and red peppers, onion and tomato.

Served straight out of the restaurant's open oven in a traditional copper pan, the egg dishes are scrumptious, fresh and light. If fried eggs are your preference, you will love the *sucuklu yumurta*, which is sunny-side up fried eggs with slices of spicy Turkish sausage.

The beauty of a Turkish breakfast is that it is made to share. Just as you would enjoy sharing mezze and mains for lunch or dinner in Turkey, you can sit around the table at köşebaşı with friends and family to enjoy the tantalising variety of different tastes for breakfast too.

"Turkish breakfast is very rich and distinctive, with a great variety of flavours. Authentic Turkish breakfast eaten at home is very similar to what we serve at köşebaşı. At home it will always be shared, with everything in the middle," says Mert Askin, General Manager of köşebaşı International.

"If you come to Istanbul, you will see that just like Dubai, everyone loves eating out for breakfast too; there are places on the weekend where you won't find an empty seat! Breakfast is an occasion for you to enjoy and share with friends and family. And while food styles differ throughout Turkey, breakfast is similar across the country," Askin continues.

Whether it's two of you together or a big family gathering, you can enjoy a real taste of Turkey in Dubai. From the fresh appetisers and a variety of egg dishes, to fantastic selection of oven-fresh speciality breads served with butter, honey and jam and Turkish pizza (*pide*) you will be spoiled for choice at köşebaşı.

And not stopping there, for those with a sweet tooth you can indulge in *künefe* (baked kadaifi with a molten cheese centre), Turkish rice pudding or a selection of fresh fruit. While traditionally, Turkish breakfast is enjoyed with tea and ended with a cup of coffee, you can order fresh fruit juice, tea or coffee with your breakfast. Make your breakfast an occasion with köşebaşı!

*Köşebaşı is an Anatolian Turkish Grill. In Dubai you can find köşebaşı at JBR The Walk (open from 9am to midnight, with breakfast served until 12.00 noon; call 04 4393 788 for more details) and köşebaşı express in Mirdif City Centre (open from 10.30am to midnight; call 04 2840 285 for more details. Please note that breakfast isn't served here). Köşebaşı now delivers to surrounding areas too!*



Bread straight from the traditional oven



Spinach Omelette



Menemen



Sucuklu Yumurta



Peynirli Ekmek and Zahterli Ekmek

## Daily breakfast specials at köşebaşı

**'Breakfast Istanbul'** for just AED 39 includes one hot beverage, Turkish bread, jam, honey and butter and a choice of *pide*.

**'Breakfast Anatolia'** for just AED 49 includes a choice of omelette, one hot beverage, Turkish bread with jam, honey and butter and a choice of *pide*.



# It's time for a party

Kids' food you can trust

We share some great ideas to make your little one's birthday party a day to remember



*‘I’ve noticed that at many of the birthday parties my kids attend, they’re served lots of brightly coloured ‘treats’, full of hidden nasties guaranteed to make them hyper. If this worries you, here’s how to serve up natural goodies that kids will love’*  
**Felicity Barnum-Bobb**

## Kids' club sandwiches

SERVES 12 Easily doubled ● PREP 15 mins ●  
 COOK 10 mins **Easy**

- 6 rashers turkey bacon**
- 9 slices square wholemeal bread**
- 200g pack light soft cheese**
- 1 carrot, grated**
- 1 lettuce (you'll need about 6 leaves)**
- 12 cucumber slices (optional)**
- 2 tomatoes, sliced**

- 1** Heat grill to medium high and grill the bacon for 5 mins, turning once. Lightly toast the bread, then cut off the crusts.
- 2** Mix the soft cheese with the grated carrot and spread over 6 slices of the toast. Top 3 of these with lettuce, cucumber and tomatoes, then a plain slice of toast.

- 3** Put 2 rashers of bacon on top of each stack, then top the sandwiches with the rest of the cheese-spread toast, cheesy side down. Push a paper-topped (for safety) cocktail stick into each side of the sandwich, about 3cm in from each corner. Cut each sandwich into four triangles. Keep together and wrap in cling film until just before serving.

PER ¼ SANDWICH 125 kcalories, protein 7g, carbohydrate 13g, fat 5g, saturated fat 2g, fibre 2g, sugar 3g, salt 1.10g







## Birthday biscuits

MAKES 24 Easily doubled ● PREP 30 mins ●  
COOK 10 mins **Easy** 🍴

*These are a twist on classic iced party rings, but the dough and icing would work just as well to make the biscuits in other shapes, such as stars or hearts.*

250g/9oz plain white flour  
85g/3oz golden caster sugar  
175g/6oz unsalted butter, at room temperature, cubed  
2 tbsp lemon curd  
250g/9oz white icing sugar  
1 tbsp strawberry fruit spread (we used St Dalfour)

- 1** Heat oven to 180C/fan 160C/gas 4. Put the flour, sugar and butter into a food processor. Whizz until the mixture forms crumbs, then pulse a little more until it forms a ball.
  - 2** Spread a large sheet of baking parchment over the work surface and turn the dough onto it. Dust with a little flour, then roll out to about the thickness of two £1 coins. Stamp out 24 rounds using a 5cm round fluted cutter, then cut out the middles with the end of a piping nozzle. Carefully peel the rest of the mixture away from the stamped shapes. Lift onto baking sheets and bake for 10 mins until pale golden. Cool on a wire rack.
  - 3** Put the lemon curd into a bowl with 2 tbsp boiling water and mix until smooth. Sieve in 175g of the icing sugar; stir together to make a smooth icing. Put the strawberry fruit spread in another bowl and add 2 tsp boiling water, mix, then sieve in the remaining icing sugar.
  - 4** Spoon the lemon icing over the biscuits, then drizzle or pipe over the pinky icing. Leave to set for at least 20 mins. Will keep for up to 2 days in an airtight tin, longer if left un-iced.
- PER BISCUIT 149 kcalories, protein 1g, carbohydrate 24g, fat 6g, saturated fat 4g, fibre none, sugar 16g, salt 0.01g

## Smoothie jellies with ice cream

SERVES 12 Easily doubled (makes 12 small or 24 mini pots) ● PREP 5 mins plus 1 hour setting ● COOK 2 mins **Moderately easy** ❄️

*Making your own jelly using a good-quality smoothie means a lot more flavour and a lot less sugar.*

6 sheets leaf gelatine  
1-litre bottle orange, mango and passion fruit smoothie (we used Innocent)  
**TO SERVE**  
500ml tub good-quality vanilla ice cream such as Green & Black's (you might not need it all)

- 1** Put the leaf gelatine into a bowl and cover with cold water. Leave for a few mins until soft and floppy. Meanwhile, gently heat the smoothie in a saucepan without boiling. Take off the heat. Lift the gelatine out of the water, squeeze out the excess water, then add it to the smoothie pan. Stir well until smooth, then pour into 12 moulds, pots or glasses, or use 24 shot-glass-sized pots. Chill for at least 1 hr to set.
  - 2** For perfect mini scoops of ice cream, dip a tbsp measuring spoon into a cup of hot water, then shake off the excess. Scoop the ice cream, dipping the spoon in the hot water each time. Serve each smoothie jelly topped with ice cream.
- PER SERVING (1/12 OF JELLY AND 1 TBSP ICE CREAM)  
92 kcalories, protein 4g, carbohydrate 15g, fat 2g, saturated fat 1g, fibre 2g, sugar 13g, salt 0.05g

## Mini chicken bagel burgers

MAKES 12 burgers Easily doubled ● PREP 15 mins ● COOK 10 mins **Easy** ❄️ raw, uncooked

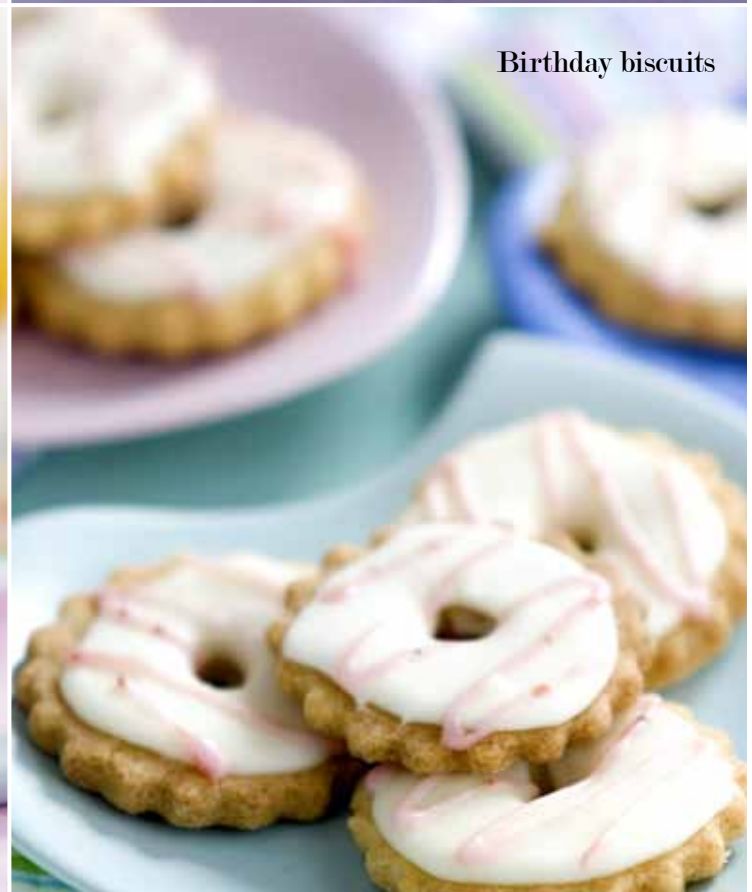
½ a 400g can chickpeas, drained  
1 small onion, finely chopped  
1 garlic clove, crushed  
500g/1lb 2oz chicken or turkey mince  
1 small sweet potato (about 100g/4oz), grated  
olive oil, for brushing  
**TO SERVE**  
12 mini bagels  
2 tbsp low-fat mayonnaise  
¼ iceberg lettuce, shredded  
2 tomatoes, sliced  
¼ cucumber, sliced

- 1** Heat grill to medium. Whizz the chickpeas in a food processor or mash until well broken up. Put into a bowl with the onion, garlic, mince and sweet potato. Mix well and season. Can be frozen for up to 1 month.
  - 2** Line a baking sheet with foil. Divide the mixture into 12 and shape into mini burgers. Put onto the baking sheet, brush with oil and grill for 10 mins, turning once. Can be chilled and reheated in the microwave on High for 2 mins.
  - 3** Split the bagels and toast under the grill, if you like. Spread the bases with mayonnaise, top with a chicken burger, some shredded lettuce, tomato, cucumber and the bagel tops.
- PER SERVING 144 kcalories, protein 13g, carbohydrate 18g, fat 3g, saturated fat 1g, fibre 2g, sugar 3g, salt 0.40



### OUR TOP 5 BIRTHDAY THEMES

- **Jungle** – get the face paints out and paint lots of little tigers, zebras and elephants.
- **Out of space** – stick glow in the dark stars on the walls and turn the lights out.
- **Circus** – hire a clown and don't forget balloon animals.
- **Halloween** – perfect for October birthdays, you can make pumpkin lanterns and play bobbing apples.
- **Beach** – funky sunglasses are essential! Play outside in the pool with big beach balls.





**Chocolate fudge birthday cake**

CUTS INTO 8-10 slices ● PREP 25 mins ●

COOK 1 hr ● **Moderately easy** un-iced**FOR THE CAKE**

250g/9oz plain flour

2 tsp baking powder

1 tsp bicarbonate of soda

pinch of salt

100g/4oz good dark chocolate

3 tbspcocoa powder

100ml/4fl oz water, very hot but not boiling

175g/6oz unsalted butter, softened

250g/9oz caster sugar

3 large eggs

200ml/7fl oz natural yogurt (full-fat or low-fat, but not fat-free)

your choice of edible decorations

**FOR THE CHOCOLATE ICING**

100ml/3½fl oz double cream

50g/2oz good milk chocolate

50g/2oz good dark chocolate

you will also need a springform cake tin (22.5cm diameter, greased), greaseproof paper or non-stick baking parchment

**1** Turn on the oven to 160C/140C fan/gas 3. Put the greased cake tin on a sheet of greaseproof paper or non-stick baking parchment and draw around it. Using scissors, cut inside the line so you have a circle the same size as the tin. Fit this into the bottom of the tin.

**2** Set a large sieve over a bowl and tip the flour, baking powder, bicarbonate of soda and salt into it. Carefully sift these ingredients into the bowl. Set the bowl aside.

**3** Break up the dark chocolate and put it into a large heatproof mixing bowl. Mix in the cocoa powder. Ask an adult to help you pour on the very hot water. Leave for 1 min, then stir gently with a wooden spoon until the mixture is very smooth and melted. Put on one side.

**4** Put the butter and sugar into the bowl of an electric mixer (ask an adult to help) or a mixing bowl. Beat well with the whisk attachment or a wooden spoon.

**5** Break the eggs into a small bowl, remove any pieces of shell, then gradually add to the bowl and beat really well until very smooth.

**6** Pour the melted chocolate mixture into the bowl and mix well. Spoon in the yogurt and tip in the flour mixture and mix well.

**7** Spoon the mixture into the prepared tin, then spread the mixture evenly so it is smooth.

**8** Ask an adult to help you put the cake in the oven and bake for 55 mins. To test if the cake is cooked, ask an adult to help you remove it from the oven, then push a cocktail stick into the centre. If the stick comes out clean, the cake is ready. If it is sticky with mixture, then cook the cake for another 5 mins.

**9** Ask an adult to help you remove the cake from the oven and set the tin on a wire rack. Leave to cool for 5 mins, then loosen the cake by running a roundbladed knife inside the tin. Unclip the tin and leave the cake to cool

completely. Don't worry if it sinks a bit.

**10** To make the chocolate icing, put the cream into a saucepan. Ask an adult to help you heat it until it is scalding hot, but not quite boiling. Remove the pan from the heat. Break up two kinds of chocolate and put it in a heatproof bowl. Carefully pour over the hot cream. Leave for about 2 mins, then stir until smooth. Leave to cool – the icing will thicken as it cools.

**11** Set the cake upside-down on a serving plate. Spread the icing on the top and sides of the cake to cover completely. Cover with your choice of edible decorations. Leave in a cool place until it is firm before you cut it. Store in an airtight container and eat it within 5 days.

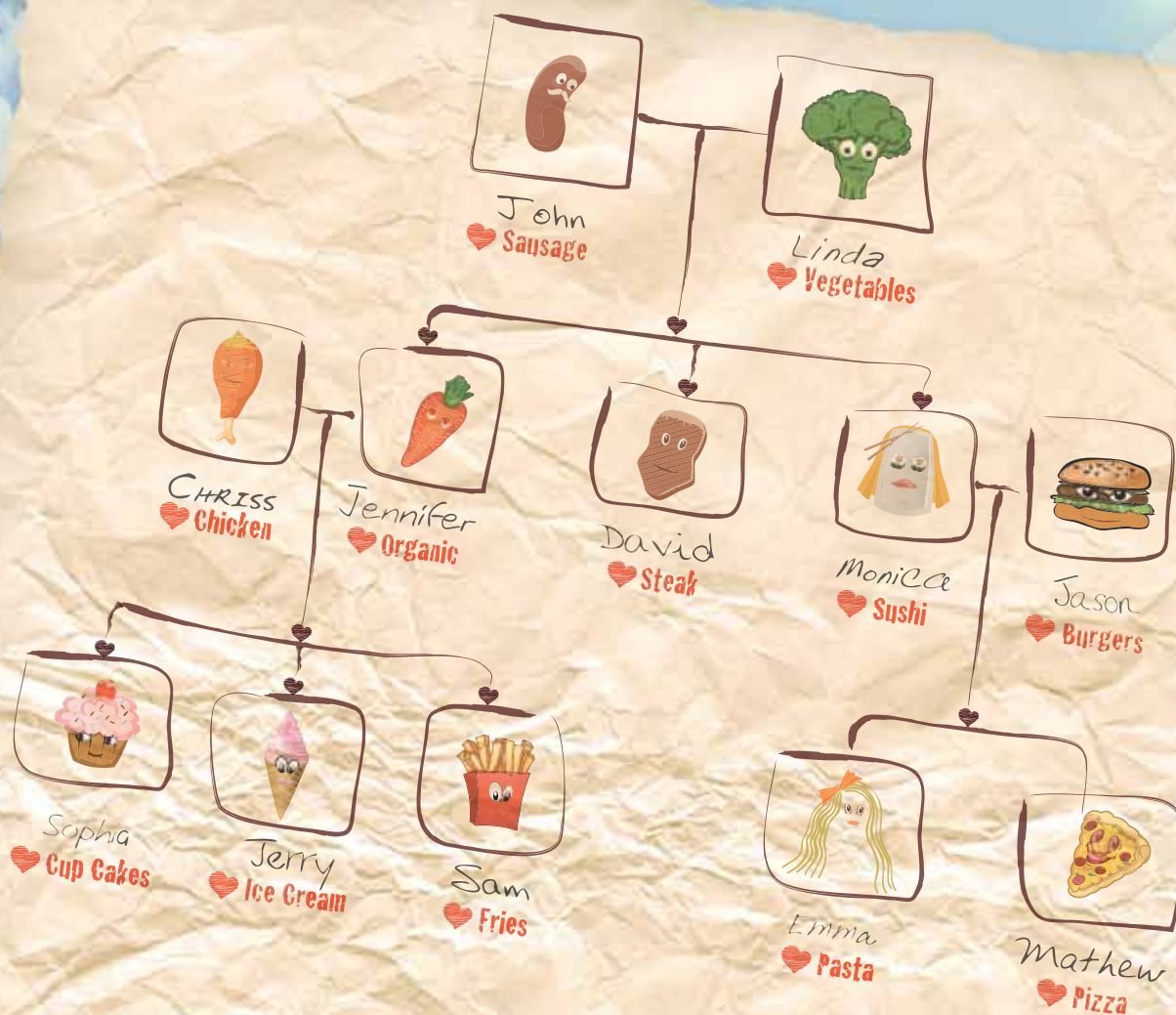
**BE A STEP AHEAD**

We all know that parties can be stressful. To ensure yours goes as smoothly as possible here are some useful tips.

- Prepare in advance. Make the cake and prepare as much of the food in the days running up to the party.
- Make sure you have spare goodie bags, you don't want anyone to miss out because extra guests came at the last minute.

- Steer the kids away from fizzy drinks and towards squash and water by using bright coloured straws and glittery cups.
- Have lots of games up your sleeve if the party seems to be lagging. Pass the parcel, musical chairs and a pre-planned treasure hunt are some old favourites.
- Don't forget, towards the end of the party suggest a game of 'sleeping lions' – a great way to calm the kids down before going home time!





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**SEZZAM**

♥ Sit Together ♥ Eat Together



# John's seafood curry

Entertain without the stress – BBC MasterChef judge *John Torode* makes a knockout curry supper

“*Making a homemade curry sauce from scratch is the easiest way to impress your guests, so no one will mind if you cheat with the accompaniments – a few bought pickles, chutneys, breads and poppadoms*”

Friday night  
with friends

## Seafood curry

SERVES 4 ● PREP 10 mins ●

COOK 35 mins **Easy** 

**75g/2½oz ghee (see tip, right)**  
**300g/11oz skinless white fish like pollack, cut into large chunks**  
**200g/7oz skinless salmon, cut into large chunks**  
**200g/7oz raw peeled prawns**  
**100g/4oz mussels, cleaned and de-bearded**

### FOR THE CURRY SAUCE

**1 onion, roughly chopped**  
**100g/4oz ginger, chopped**  
**50ml/2fl oz vegetable oil**  
**2 tsp garam marsala**  
**½ tsp asafoetida (if you have it)**  
**1 tsp turmeric**  
**1 red chilli, deseeded and finely chopped (leave the seeds in if you like it really hot)**  
**400g can chopped tomatoes**  
**good handful coriander leaves**

**1** For the curry sauce, whizz the onion and ginger together to a purée. Heat the oil in a large pan until smoking. Add the garam marsala and sizzle for 30 secs, then add the onion and ginger purée, reduce the heat and slowly

cook for 5 mins. Add the remaining spices, fry for 1 min, stir in the chilli and fry for another min, then add the tomatoes and a good pinch of salt and grind of pepper, and stir well. *You can do this way in advance, then just throw the curry together on the night – the sauce will freeze or keep in the fridge for up to 3 days.*

**2** To make the curry, melt a third of the ghee in a large pan. Cook the white fish for 2-3 mins until lightly browned, then set aside on a plate. Repeat this process with the salmon and prawns, adding another third of ghee each time. For the mussels, heat a medium-sized saucepan on a high heat. Add the mussels with 2 tbsp of water, cover tightly with a lid, and steam for 3-4 mins, shaking the pan every so often. Drain and set aside with the other seafood.

**3** Bring the sauce to the boil, stir the fish and mussels in gently, bring to the boil again, then remove from the heat and leave for 3-4 mins – the fish will finish cooking in the heat from the sauce. Add the coriander leaves and serve with rice (try my Spiced rice, right), and my Carrot & cumin salad, right.


PER SERVING 507 kcs, protein 19g, carbs 9g, fat 37g, sat fat 12g, fibre 1g, sugar 5g, salt 0.7g

## JOHN'S TIPS

- If you can't find ghee, margarine will work as well.
- Asafoetida is a pungent, oniony spice – you'll find it in Indian shops.

## Spiced rice

SERVES 4 ● PREP 5 mins ●

COOK 30 mins **Easy** 

**1 large onion, finely sliced**  
**1 bay leaf**  
**3 cardamom pods**  
**small cinnamon stick**  
**25g/1oz butter**  
**1 tsp turmeric**  
**100ml/3½fl oz hot curry paste**  
**300g/11oz basmati rice (washed 3 times)**  
**handful raisins**  
**1 litre/1¾ pints chicken stock**  
**25g/1oz flaked almonds, toasted**  
**big handful chopped coriander**

**1** Fry the onions, bay and whole spices in the butter for 10 mins. Sprinkle in the turmeric, then add the curry paste and cook until aromatic. Add the rice and the raisins, stir and cook for a good few mins, then add the stock and bring to the boil. Cover with a tight-fitting lid and when really boiling lower the heat and cook for 10 mins. Turn the heat off but don't lift the lid and leave to sit for 20 mins.

**2** Stir in half the almonds and coriander, with the rest of the coriander and the almonds thrown over the top.

PER SERVING 472 kcs, protein 17g, carbs 73g, fat 15g, sat fat 4g, fibre 3g, sugar 9g, salt 1.58g

## Carrot & cumin salad

Serves 4 ● PREP 15 mins ● COOK 5 mins

**Easy**  **Superhealthy** 1 of 5-a-day

**2 tsp cumin seeds, toasted**  
**zest and juice 1 lemon**  
**thumb-sized piece of ginger, grated**  
**5 tbsp olive oil**  
**3 shallots, very thinly sliced**  
**5 carrots, grated**  
**small bunch coriander, chopped**  
**½ small bunch mint, chopped**

Combine all the ingredients and season.

PER SERVING 170 kcs, protein 1g, carbs 9g, fat 14g, sat fat 2g, fibre 3g, sugar 8g, salt 0.08g





Easy yet authentic



# Chocolate HEAVEN

Who can resist a slice of deliciously decadent chocolate cake? Need we say more...



Ultimate chocolate cake

## Ultimate chocolate cake

CUTS INTO 14 slices ● PREP 40 mins ●  
COOK 1 hr 25 mins **Easy** ❄️ without icing

200g/8oz good-quality dark chocolate,  
about 60% cocoa solids

200g/8oz butter, cut in pieces

1 tbsp instant coffee granules

85g/3oz self-raising flour

85g/3oz plain flour

¼ tsp bicarbonate of soda

200g/7oz light muscovado sugar

200g/7oz golden caster sugar

25g/1oz cocoa powder

3 medium eggs

75ml buttermilk (5 tbsp)

grated chocolate or curls, to decorate

### FOR THE GANACHE

200g/8oz good-quality dark chocolate

284ml tub double cream

2 tbsp golden caster sugar

**1** Butter a 20cm round cake tin (7.5cm deep) and line the base. Heat oven to 160C/140C fan/gas 3. Break the chocolate in pieces into a heavy-based pan. Add the butter, then mix the coffee into 125ml cold water and pour in. Melt over a low heat – don't overheat. Or melt in the microwave on Medium for about 5 mins, stirring half way through.

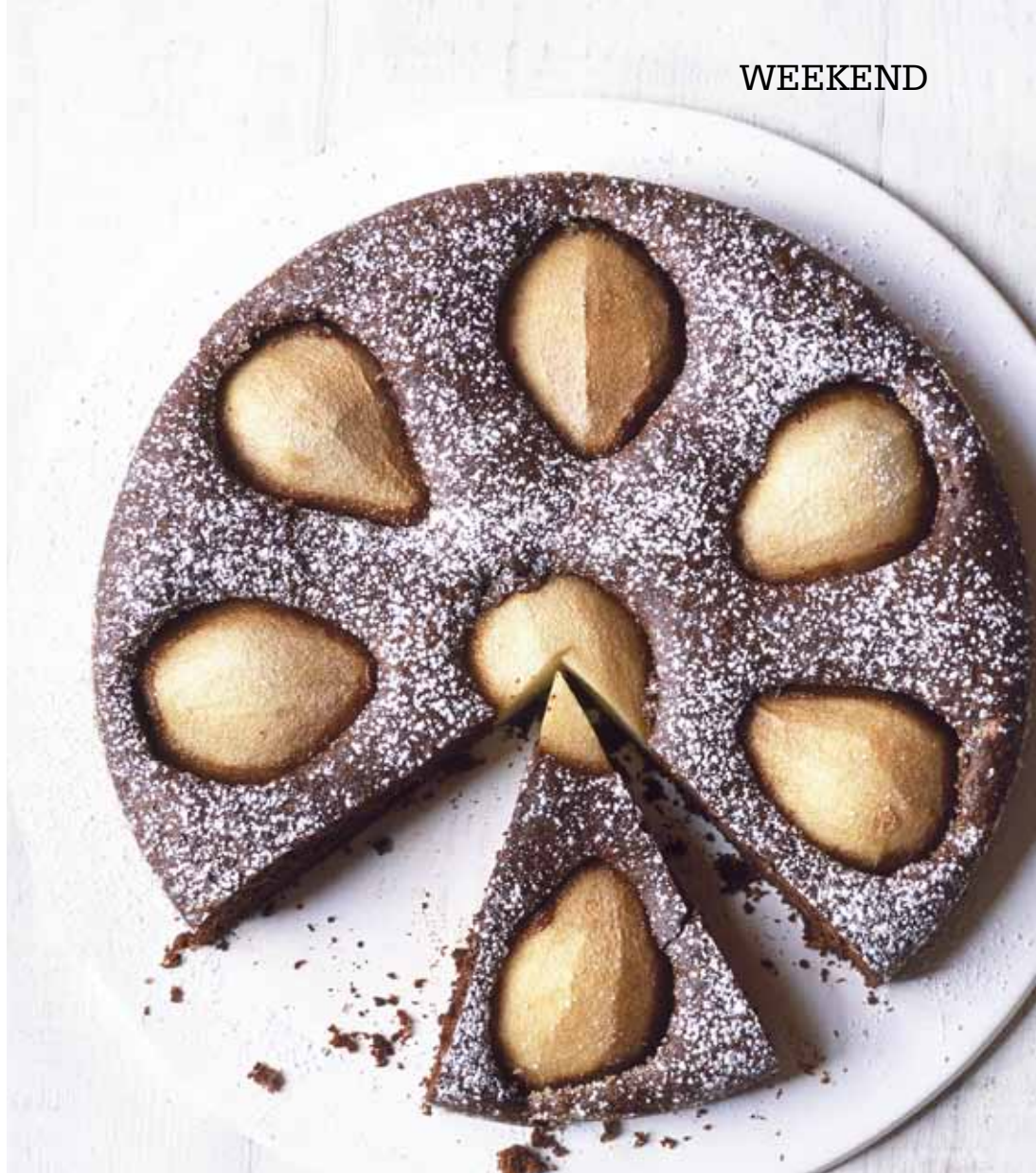
**2** Meanwhile, mix the two flours, bicarbonate of soda, sugars and cocoa in a big bowl, mixing with your hands to get rid of any lumps. Beat the eggs in a bowl and stir in the buttermilk.

**3** Pour the melted chocolate mixture and the egg mixture into the flour mixture, stirring just until everything is well blended and you have a smooth, quite runny consistency. Pour into the tin and bake for 1 hr 25-1 hr 30 mins – a skewer pushed in the centre should come out clean and the top should feel firm (don't worry if it cracks a bit). Leave to cool in the tin, then turn out onto a wire rack to cool completely.

**4** When the cake is cold, cut horizontally into three. To make the ganache: chop the chocolate into small pieces and tip into a bowl. Put the cream and sugar into a pan and heat until about to boil. Take off the heat and pour over the chocolate. Stir until the chocolate has melted and the mixture is smooth.

**5** Sandwich the layers together with just a little of the chocolate ganache. Pour the rest of the ganache over the cake, letting it fall down the sides and use a palette knife to smooth and cover. Decorate with a pile of chocolate curls.

PER SERVING 541 kcs, protein 6g, carbs 55g,  
fat 35g, sat fat 20g, fibre 2g, sugar 40g, salt 0.51g



## Flourless chocolate and pear cake

SERVES 8 ● PREP 20 mins ● COOK 40 mins 🍷

**Moderately easy**

85g/3oz butter, plus 1 tbsp extra for tin

85g/3oz golden caster sugar, plus extra for tin

85g/3oz dark chocolate, broken into pieces

1 tbsp brandy

3 eggs, separated

85g/3oz hazelnuts, toasted and ground in a  
food processor

4 very ripe pears, peeled, halved and cored  
icing sugar, for dusting

**1** Melt 1 tbsp butter and brush the inside of a 25cm loose-bottomed tin. Line with a circle of baking parchment, then brush again with more butter. Spoon in 2 tbsp caster sugar, swirl to coat the base and sides, then tip out any excess.

**2** Heat oven to 180C/160C fan/gas 4. Melt the chocolate and butter in a bowl over a pan of hot water, remove from the heat, stir in the brandy

and leave to cool. Whisk the egg yolks with the sugar in a large bowl until pale and thick; fold into the chocolate with the hazelnuts.

**3** In a separate bowl, with a clean whisk, beat the whites until they reach a soft peak (don't whisk them too stiffly or you'll have trouble folding them in). Stir a spoonful of the whites into the chocolate mix, then carefully fold in the rest of them in 2 additions. Spoon into the prepared tin. Level, then arrange the pears over the mixture, cut-side down. Bake for 40 mins until the pears are soft and the cake is cooked all the way through. Leave to cool in the tin slightly before releasing it, then place on a rack to cool completely. Dust with icing sugar and serve with crème fraîche.

PER SERVING 334 kcs, protein 5g, carbs 28g,  
fat 23g, sat fat 9g, fibre 2g, sugar 28g, salt 0.28g



**Chocolate truffle torte**

SERVES 12 ● PREP 1 hr

Moderately easy

**250g/9oz dark chocolate****2 tbsp golden syrup****568ml tub double cream****4 tsp instant coffee granules****1 tsp ground cinnamon****cocoa powder, for dusting**

**1** Break the chocolate in small pieces into a large heatproof bowl. Spoon in the syrup and pour in about a quarter of the cream. Stand the bowl over a pan of hot water over the lowest possible heat and leave until the chocolate has melted, about 15-20 mins. Remove the bowl from the pan and stir to combine. Leave until barely warm – dip your little finger in to check.

**2** Meanwhile, use an A4 plastic folder to line the base and sides of an 18cm springform tin. Cut open the plastic folder along the bottom, then cut out a disc to fit in the bottom of the tin and 3 strips to line the sides.

**3** Pour the rest of the cream into a very large bowl and tip in the coffee and cinnamon. Whip with a balloon whisk until the cream looks like the picture, right. When you shake the bowl the cream should wobble like a thick milkshake, and when you dribble some cream from the whisk, the trail it leaves in the cream below should disappear in 1-2 secs.

**4** Pour the cooled chocolate into the bowl containing the cream. With a large metal spoon, fold the cream and chocolate together until are evenly and smoothly mixed and the mixture has a soft, pillowy, downy texture – you will see and feel it thicken as you fold.

**5** Pour the chocolatey cream into the tin and level the surface with the back of the spoon.

Put the tin in the fridge and leave to firm up. This can happen in under 1 hr, but you may need to leave it longer, depending on the coldness of your fridge (you can leave it overnight if this is more convenient).

**6** Unclip and remove the side of the tin, then remove the pieces of plastic around the sides. Invert a serving plate over the torte and turn the torte upside down on to it. Lift off the tin base and peel away the plastic. Dust all over with cocoa and serve in thin slices.

PER SERVING 331 kcals, protein 2g, carbs 17g, fat 29g, sat fat 18g, fibre 1g, sugar 15g, salt 0.09g





# What are you doing on New Year's Eve?



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James Martin's  
**KITCHEN**

# Family roast

Here's my perfect family lunch, with new ideas for sides and a fresh take on everyone's favourite – trifle



## Roast beef & carrots with easy gravy

SERVES 4 • PREP 15 mins plus resting • COOK 1 hr **Easy**

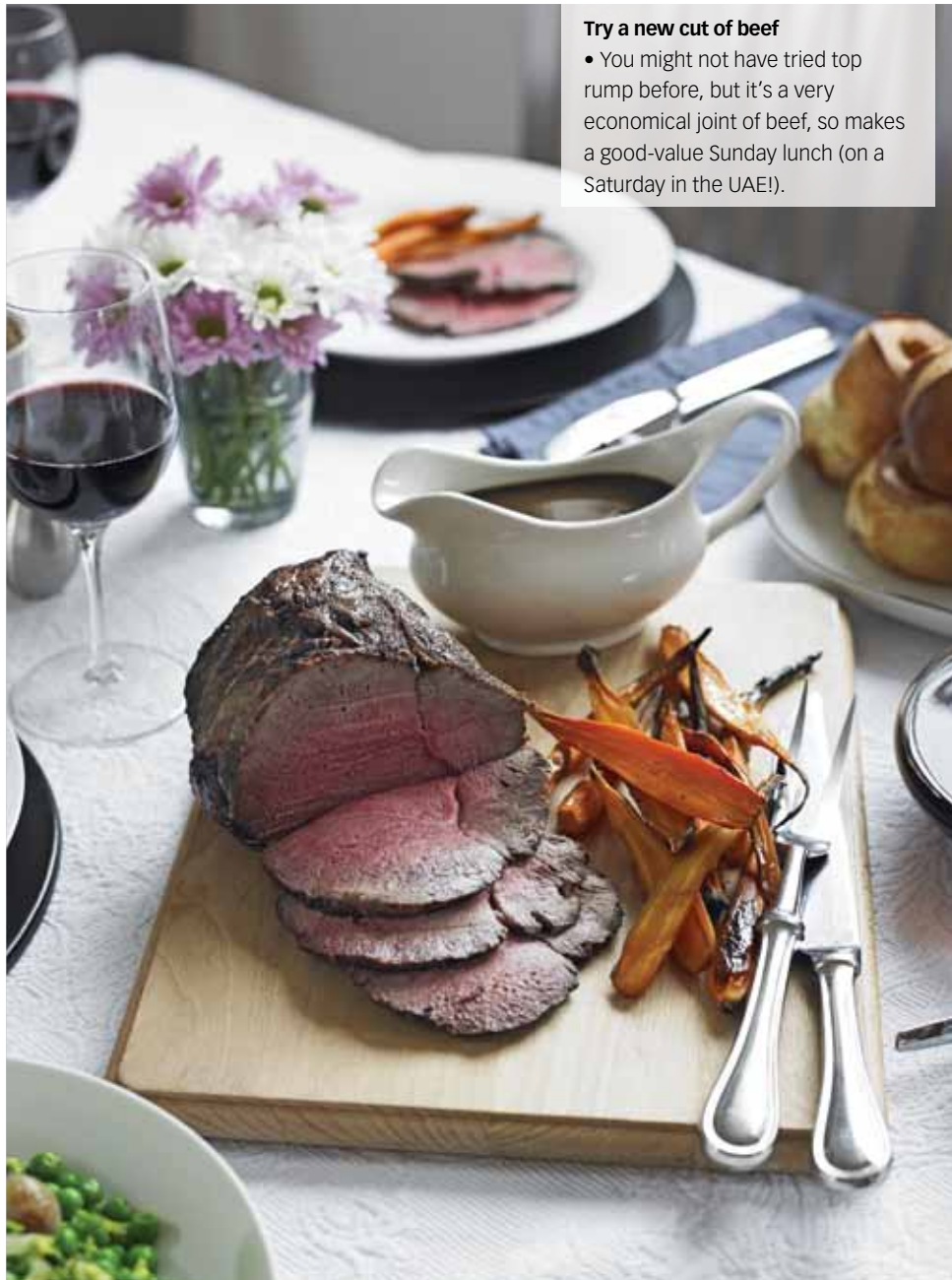
**1 tsp plain flour**  
**1 tsp mustard powder**  
**950g/2lb 2oz beef top rump joint**  
 (see tip, left)  
**1 onion, cut into 8 wedges**  
**500g/1lb 2oz carrots, halved lengthways**  
**FOR THE GRAVY**  
**1 tbsp plain flour**  
**250ml/9fl oz beef stock**

**1** Heat oven to 240C/220C fan/gas 9. Mix the flour and mustard powder with some seasoning, then rub all over the beef. Put the onion and carrots into a roasting tin and sit the beef on top, then cook for 20 mins.  
**2** Reduce oven to 190C/170C fan/gas 5 and continue to cook the beef for 30 mins if you like it rare, 40 mins for medium and 1 hr for well done.  
**3** Remove the beef and carrots from the oven, place onto warm plates or platters and cover with foil to keep warm. Let the beef rest for 30 mins while you turn up the oven to cook your Yorkshire puds and finish the potatoes.  
**4** For the gravy, put the tin with all the meat juices and onions back onto the hob. Stir in the flour, scraping all the stuck bits off the bottom of the tin. Cook for 30 secs, then slowly stir in the stock, little by little. Bubble to a nice gravy, season, then serve with the beef, carved into slices, carrots and all the other trimmings.

PER SERVING 546 kcs, protein 52g, carbs 15g, fat 32g, sat fat 14g, fibre 4g, sugar 11g, salt 0.65g

### Try a new cut of beef

• You might not have tried top rump before, but it's a very economical joint of beef, so makes a good-value Sunday lunch (on a Saturday in the UAE!).





James Martin's Yorkshire puds  
— good with beef, chicken or lamb

*Roast beef and Yorkshire pud makes me think of my childhood more than any other dish. My mum's Yorkies are legendary. I still travel all the way back to Yorkshire for one of my mum's Sunday roasts*





## James Martin's Yorkshire pudds

MAKES 12 ● PREP 10 mins plus standing ●  
COOK 30 mins **Easy** **V** **GF** Good for you

200g/7oz plain flour

3 eggs

300ml/½pt milk

3 tbsp vegetable oil

**1** Put the flour and some seasoning into a large bowl, stir in the eggs, one at a time, then slowly whisk in the milk until you have a smooth batter. Chill in the fridge for at least 30 mins or up to a day.

**2** Heat oven to 220C/180C fan/gas 7. Pour the oil into 8 holes of a 12-hole muffin tin, then heat the tin in the oven for 5 mins. Carefully ladle the batter mix into the tin, then bake for 30 mins until well browned and risen.

PER YORKSHIRE 116 kcals, protein 4g, carbs 14g, fat 5g, sat fat 1g, fibre 1g, sugar 1g, salt 0.08g



Delicious alternative  
to roasties

## Peas with shallots & lettuce

SERVES 4 ● PREP 15 mins ● COOK 15 mins **Easy**  
**V** **GF** **Superhealthy** Counts as 1 of 5-a-day

25g/1oz butter

12 small shallots

100ml/3½fl oz vegetable stock

300g/10oz frozen peas

1 Baby Gem lettuce, shredded

Melt the butter in a large frying pan, then cook the shallots for 10 mins until softened and turning golden. Pour in the stock and bring to the boil, then throw in the peas and cook for 2 mins more until tender. Add the shredded lettuce, season, then allow the heat of the pan to wilt the lettuce. Serve immediately.

PER SERVING 105 kcals, protein 5g, carbs 8g, fat 6g, sat fat 4g, fibre 4g, sugar 3g, salt 0.15g

## Horseradish potato dauphinoise

SERVES 4 ● PREP 15 mins ●  
COOK 50 mins **Easy** **V** **GF**

300ml/½pt double cream

300ml/½pt milk

2 garlic cloves, crushed

2-3 tbsp hot horseradish, depending  
on taste

1kg/2lb 4oz potatoes, very thinly sliced

**1** Heat oven to 190C/170C fan/gas 7. Tip cream, milk, garlic and horseradish into a large saucepan, season, then bring to the boil. Reduce the heat, add the potatoes, stir to stop them sticking together, then cook for 10 mins until tender.


**2** Pour the potatoes and horseradish cream into an ovenproof dish. You can do this up to a day ahead. Cover, store in the fridge, then bring back to room temp an hour before you want to bake.

**3** Bake on a shelf below the beef for the final 30 mins of its cooking time; then, when the beef comes out of the oven, increase the temp to 220C/200C fan/gas 7 and cook for another 30-35 mins. (Add the muffin tin for the Yorkshires when you turn the oven up.)

PER SERVING 600 kcals, protein 10g, carbs 49g, fat 42g, sat fat 23g, fibre 4g, sugar 7g, salt 0.17g



### Almond & apricot trifles

SERVES 4 • PREP 10 mins • NO COOK 

- 1 Madeira loaf cake, cut into cubes
- 2 x 410g cans apricots, chopped and juice reserved
- 8 tbsp juice from the canned apricots
- 500g pot fresh custard
- 300ml/½pt double cream
- 2 tbsp toasted flaked almonds

**1** Line the bottom of 4 small glass serving dishes with the cake. Mix ½ the Disaronno with 6 tbsp of reserved juice, then divide this between the bowls. Arrange apricots on top of the sponge, then pour on custard. Cover and chill for at least 10 mins, or up to a day.

**2** Just before serving, add the remaining Disaronno to the cream and whip until it just holds its shape. Spoon over the custard and sprinkle with flaked almonds.

PER SERVING 1,017 kJ, protein 10g, carbs 99g, fat 62g, sat fat 34g, fibre 3g, sugar 77g, salt 0.97g




# Fill up the biscuit tin

Keep the kids happy when they come home from school, or put your feet up with a cuppa and a crunchy treat

## Syrup crunchies

MAKES 20 • PREP 15 mins •

COOK 20 mins **Easy** 

250g pack butter

½ x 397g can condensed milk

175g/6oz golden syrup

175g/6oz cornflakes, plus a few extra

175g/6oz porridge oats

250g/9oz plain flour

100g/4oz custard powder

2 tsp bicarbonate of soda

**1** Heat oven to 180C/160C fan/gas 4 and line a few baking trays with baking parchment. Melt the butter, condensed milk and syrup in a large saucepan.

**2** Very roughly crush the cornflakes in a bowl with your hands, then stir in the oats, flour, custard powder and bicarb, and mix really well.

**3** Once everything in the pan has melted, take it off the heat and stir in the dry ingredients. Roughly scoop heaped tablespoonfuls of the mixture onto the baking sheets. Crumble over a few more cornflakes, then squash to flatten a bit with your hands. Bake for 12-15 mins until golden. Cool on a wire rack.

PER SERVING 263 kcals, protein 4g, carbs 36g, fat 12g, sat fat 7g, fibre 1g, sugar 9g, salt 0.76g



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# Cooling!

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## Cucumber & elderflower spritzer

MAKES 6 glasses Easily doubled

● PREP 10 mins plus chilling **Easy** 🍷

**1 cucumber, ends trimmed**  
**½ bottle white wine (optional)**  
**200ml/7fl oz elderflower cordial**  
**few mint sprigs, leaves picked**  
**2 x 1-litre bottles soda water, chilled**

**1** Chop the cucumber into a few chunks, then put in a blender or food processor with the wine and elderflower cordial. Whizz until well blended, then pour through a sieve set over a large bowl or jug. Tip the contents of the sieve back into the machine, whizz again until pulpy, then sieve again into the liquid already collected. Add 1-2 tbsp of the cucumber pulp from the sieve into the liquid and discard the rest. Chill until ready to serve.

**2** To serve, fill glasses with a few ice cubes and some mint leaves. Pour in enough cucumber base to come halfway up the glass, then top up with soda water.

PER SERVING 122 kcals, protein 1g, carbs 21g, fat none, sat fat none, fibre none, sugar 21g, salt 0.19g



## Mango & banana smoothie

MAKES 1 litre (serves 4) ● PREP 5 mins **Easy**

**1 medium mango**  
**1 banana**  
**500ml/18fl oz orange juice**  
**4 ice cubes**

Cut the mango down either side of the flat stone, then peel and cut the flesh into chunks. Peel and chop the banana. Put all the ingredients into a food processor or blender, then process until smooth and thick. Keep in the fridge and use the day you make it.

PER SERVING 107 kcals, protein 1g, carbs 26g, fat 1g, sat fat none, fibre 2g, sugar 26g, salt 0.04g



Peach punch

Really easy  
lemonade

Citrus iced tea

### Peach punch

SERVES 8 ● PREP 10 mins plus cooling **Easy** 🍷

4 tbsp caster sugar  
zest and juice 1½ lemons  
75cl bottle rosé wine (or red grape juice)  
150ml/¼pt peach juice  
1 peach and ½ lemon, sliced  
ice cubes  
1 litre bottle soda water or tonic

**1** Heat the sugar with the lemon zest and 100ml water until the sugar dissolves. Cool, pour into a jug and add the wine, lemon juice and schnapps.

**2** When ready to serve, add plenty of ice and the fruit and top up with the soda or tonic to taste.

PER SERVING 161 kcals, protein none, carbs 16g, fat none, fibre none, sugar 16g, salt 0.01g

### Citrus iced tea

SERVES 6 ● PREP 15 mins plus cooling **Easy**

6 ordinary tea bags  
2 tbsp caster sugar  
10 sprigs mint  
300ml/½pt fresh orange juice  
juice 1 lime  
½ sliced orange, mint leaves and ice, to serve

**1** Make the tea with 1.2 litres water and the sugar. Add mint to the pot and infuse for 10 mins. Strain and cool.

**2** Pour into a jug, stir in the juices and serve with orange slices, mint and ice.

PER SERVING 37 kcals, protein 1g, carbs 9g, fat none, fibre none, sugar 9g, salt none

### Really easy lemonade

SERVES 4 ● PREP 10 mins **Easy**

3 unwaxed lemons, roughly chopped  
140g/5oz caster sugar  
1 litre/1¼pts cold water

**1** Tip the lemons, sugar and half the water into a food processor and blend until the lemon is finely chopped.

**2** Pour the mixture into a sieve over a bowl, then press through as much juice as you can. Top up with the remaining water and serve with plain ice or frozen with slices of lemon and lime.

PER SERVING 140 kcals, protein none, carbs 37g, fat none, sat fat none, fibre none, sugar 37g, salt 0.1g



# Keep cool

Sarah Cook's gorgeous frozen yoghurt is intensely fruity and really creamy – all the joy of ice cream, but totally fat-free!

So easy to make

## Frozen strawberry yogurt

SERVES 5 • PREP 10 mins plus freezing •

NO COOK **Easy** **Superhealthy** Good source of calcium and vit C, Low fat

**140g/5oz strawberries**

**½ x 405g can light condensed milk**

**500g tub 0%-fat Greek yogurt**

**1** Roughly chop half the strawberries and whizz the rest in a food processor or with a stick blender to a purée.

**2** In a big bowl, stir the condensed milk into the puréed strawberries then gently stir in the yogurt until well mixed. Fold through the chopped strawberries.

**3** Scrape the mixture into a loaf tin or container, pop on the lid or wrap well in cling film and freeze overnight, until solid. Remove from the freezer about 10-15 mins before you want to serve the frozen yogurt. *Can be frozen for up to 1 month.*

PER SERVING 173 kcals, protein 14g, carbs 31g, fat none, sat fat none, fibre 1g, sugar 30g, salt 0.34g



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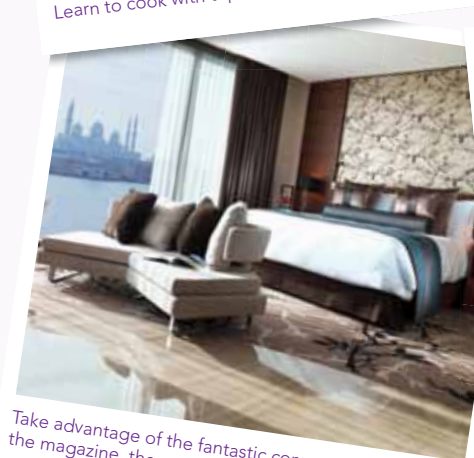
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# Creative CUPCAKES & A RED VELVET CAKE!

Ideal for everything from a lunchbox to a party, and great to make with kids



## Romantic rose cupcakes

MAKES 12 deep cupcakes • PREP 10 mins • COOK 18-20 mins **Easy**  without frosting

150ml tub natural yogurt

3 eggs, beaten

1 tsp vanilla extract

175g/6oz golden caster sugar

140g/5oz self-raising flour

1 tsp baking powder

100g/4oz ground almonds

175g/6oz unsalted butter, melted

### TO DECORATE

1 batch white chocolate frosting (see recipe, right)

36 simple sugar roses and leaves (see recipe, right)

2.5m thin ribbon (optional)

**1** Line a 12-hole muffin tin with paper cases and heat oven to 190C/170C fan/gas 5. In a jug, mix the yogurt, eggs and vanilla extract. Put the dry ingredients, plus a pinch of salt, into a large bowl and make a well in the middle.

**2** Add the yogurt mix and melted butter, then quickly fold in with a spatula or metal spoon – don't overwork it. Spoon into the cases (they will be quite full) and bake for 18-20 mins or until golden, risen and springy to the touch. Cool for a few mins, then lift the cakes onto a wire rack to cool completely.

PER CUPCAKE 525 kcs, protein 6g, carbs 57g, fat 32g, sat fat 16g, fibre 1g, sugar 47g, salt 0.36g

## White chocolate frosting

● Melt 100g white chocolate in the microwave on High for 1½ mins, stirring halfway. Leave to cool. Beat 140g unsalted butter and 140g icing sugar in a large bowl until creamy. Beat in the chocolate. Cover and chill.

● Up to 48 hrs before serving, bring back to room temperature, then spread over the cakes. Put the ribbon around the cakes, tying or glueing in place. Keep cool, out of direct sunlight.

## Simple sugar roses

MAKES about 40 roses and leaves • PREP about 1 hr per batch • NO COOK  
*You'll need 36 leaves and roses for 12 cakes.*

edible food colouring paste

200g/8oz white ready-to-roll icing

a little solid vegetable fat, for rolling

edible lustre (we used a shimmery pink)

edible sparkles (we used bright pink), optional

**1** Start with the roses. Knead a little of the claret colouring paste into 150g of the icing until pale and even. Break into three balls, then add a little more colouring to two, giving three varying depths of colour. Keep under cling film. Rub a very thin layer of fat over a smooth work surface. Roll out one of the balls of icing thinly, about 1-2mm, then trim into a rectangle about 8 x 20cm. Cut off a 1cm strip of icing widthways, keeping the remaining icing covered.

**2** Carefully roll the icing up and around itself. For a more realistic rose look, start rolling slightly skew-whiff so that the outside edge of the finished rose sticks out further than the middle. With about 2cm to go, start to guide the end of the icing down and under to make a neat rosebud. Pinch to shape, then cut or pinch off the bottom. Set aside for at least 1 hr until firm. Repeat with the rest of the icing.

**3** For the leaves, colour the remaining icing green. Pinch off small pea-size pieces, roll into balls, then flatten a little. Pinch one end to make a leaf shape. Leave to dry.

**4** Once the roses are dry and firm, dust a little lustre onto each rose using a paintbrush or your fingertip. Sprinkle with sparkles, if using. Position the roses onto the cupcakes in clusters of three, following with three leaves.



### Red velvet cake

SERVES 12-16 ● PREP 1¼ hrs ●  
COOK 30 mins **Moderately easy** 🧊 sponges  
can be frozen before decorating

**225g unsalted butter, at room temperature, plus extra for greasing**  
**350g plain flour, plus extra for dusting**  
**3 tbsp boiling water**  
**1 tsp red gel food colouring**  
**40g cocoa powder**  
**250ml buttermilk**  
**1 tsp bicarbonate of soda**  
**¼ tsp salt**  
**350g caster sugar**  
**3 large eggs, lightly beaten**  
**1 tsp vanilla extract**  
**1 tbsp white vinegar**  
**FOR THE CREAM CHEESE FROSTING**  
**250g unsalted butter, at room temperature**  
**500g icing sugar**  
**400g full-fat cream cheese**  
**1 tsp vanilla extract**

**1** Heat oven to 160C/140C fan/gas 3. Lightly grease 3 x 20cm round cake tins, line the bases with baking parchment, then grease these too. Dust with flour and tap out any excess. In a small bowl, mix together the boiling water, food colouring, cocoa powder and buttermilk until fully combined, and set aside.

**2** Sift the flour, bicarbonate of soda and salt into a medium bowl. In a separate bowl, using an electric mixer, beat the butter and sugar until light and fluffy, about 5 mins.

**3** Beat in the eggs, a little at a time, until fully combined; mix in the vanilla extract. Turn the mixer to low and add a third of the flour mixture followed by half the buttermilk mixture. Repeat, then add the final third of flour mixture. Stir in vinegar.

**4** Divide equally between the cake tins and bake for 25-30 mins or until a cocktail stick inserted into the centre comes out clean. Allow to cool in the tins for 10 mins before inverting onto wire racks to cool completely.

**5** For the frosting, use an electric mixer to beat the butter until light and smooth, about 5 mins. Slowly beat in the icing sugar until combined, then increase the speed and beat until light and fluffy. Beat in the cream cheese and the vanilla extract until just combined. Do not over-beat at this stage or it will be too thin.

**6** To assemble, put a layer of cake on a serving plate. Spread a layer of frosting onto the top of the cake and put the second cake layer on top, then repeat. Put the final layer of cake on top and spread the remaining frosting over the top and sides of the cake.

### Lily's lemon cupcakes

MAKES 12 ● PREP 20 mins ●  
COOK 20 mins **Easy** 🧊 Un-iced

**140g/5oz unsalted butter, softened**  
**100g/4oz caster sugar**  
**zest ½ lemon**  
**2 large eggs, lightly beaten**  
**140g/5oz self-raising flour**  
**FOR THE BUTTER CREAM ICING**  
**85g/3oz butter, softened**  
**175g/6oz icing sugar**  
**zest and juice ½ lemon**  
**sprinkles or sweets, to decorate**

**1** Heat oven to 180C/160C fan/gas 4. Line a 12-hole bun tin with fairy cake cases. Beat the butter and sugar in a big bowl with a wooden spoon until it is really soft, then add the lemon zest. Slowly stir in the eggs, then fold in the flour until it is all combined. Use two teaspoons to divide the mixture between the cake cases. Bake for 18-20 mins until the cakes are golden and springy when you touch them. Cool the cakes on a wire rack.

**2** While you wait for the cakes to cool, make the butter cream icing. Beat the butter until it is really soft. Gradually beat in the icing sugar, lemon zest and juice until it is thick and yummy. Spread the butter cream on top of the cakes with the back of a spoon, then decorate with sprinkles or sweeties.

PER CUPCAKE 289 kcals, protein 2g, carbs 34g, fat 17g, sat fat 10g, fibre none, sugar 25g, salt 0.24g





## WEEKEND

### Chai tea & milk chocolate cupcakes

MAKES 12 ● PREP 20 mins ●

COOK 25 mins **Easy** cupcakes

can be frozen before icing

*These moist, light cupcakes are really special.*

*Only mix in the flour until it is just fully combined, as over-mixing will make your cakes dry and tough.*

**1 tbsp chai tea leaves (from about 3 tea bags)**

**225g plain flour**

**2 tsp baking powder**

**225g butter, at room temperature**

**225g caster sugar**

**4 large eggs, lightly beaten**

**125ml soured cream**

**grated or melted chocolate, to decorate (optional)**

#### FOR THE FROSTING

**200g good-quality milk chocolate**

**225g butter, at room temperature**

**1 tbsp milk**

**½ tsp vanilla extract**

**225g icing sugar**

**1** Heat oven to 180C/160C fan/gas 4. Line a standard 12-hole muffin tin with paper muffin cases. If the tea isn't already fine, you may need to grind it using a pestle and mortar. Sift the flour, baking powder and chai tea in a medium bowl, then set aside.

**2** Using an electric mixer, beat the butter and sugar until light and fluffy, about 5 mins. Beat in the eggs, a little at a time, beating until fully combined, then add a third of the flour mixture followed by half the soured cream. Repeat, then add the final third of flour mixture.

**3** Divide the batter equally among the paper cases and bake for 20-25 mins or until a cocktail stick inserted into the centre of one cake comes out clean. Transfer to a wire rack to cool completely.

**4** To make the frosting, melt the chocolate in a microwave, or a heatproof bowl over a pan of gently simmering water, making sure the base of the bowl doesn't touch the water. Once melted, remove from the heat and allow to cool to room temperature.

**5** Using an electric mixer, beat the butter until smooth and creamy, about 3 mins. Slowly incorporate the melted chocolate, milk and vanilla, mixing until smooth.



Add the icing sugar, a little at a time, beating until fully combined.

**6** Spread the frosting onto the cooled cupcakes using a small spatula or a knife. Alternatively, use a piping bag fitted with a large star piping tube and pipe circles of frosting onto the cupcakes. If you wish, decorate with grated chocolate or a drizzle of melted chocolate.

## In season - Pumpkins

Pumpkins can vary considerably in taste and texture depending on whether they are grown to eat or for their size; to be used for Halloween, perhaps. If the flesh of your pumpkin is quite wet when you grate it, give it a good squeeze to remove as much liquid as you can before using it to make these moreish spiced pumpkin cupcakes.

### Pumpkin passion cupcakes

MAKES 12 ● PREP 15 mins ●

COOK 25 mins **Easy** before icing

**175ml/6fl oz sunflower oil**

**175g/6oz light muscovado sugar**

**3 large eggs**

**1 tsp vanilla extract**

**200g/8oz coarsely grated pumpkin or butternut squash flesh**

**100g/4oz sultanas**

**grated zest 1 orange**

**2 tsp ground cinnamon**

**200g/8oz self-raising flour**

**1 tsp bicarbonate of soda**

#### FOR THE FROSTING

**200g tub full-fat cream cheese**

**85g/3oz icing sugar**

**toasted chopped pecans to decorate (optional)**

**1** Heat oven to 180C/160C fan/gas 4. Line a 12-hole muffin tray with paper cases. Pour the oil into a large bowl and add the sugar, eggs and vanilla. Beat together, then add the grated pumpkin, sultanas and orange zest.

**2** Stir in the cinnamon, flour and bicarbonate of soda, the mixture will be quite wet. Spoon into the cases. Bake for 25 mins until firm and springy to the touch and a skewer inserted in the centre of a cupcake comes out clean. Cool completely on a wire rack. At this stage you can freeze the cakes for 4 months.

**3** To make the frosting, beat the cream cheese and sugar together until smooth then spread on top of the cupcakes. Leave plain or decorate with toasted pecans. Store in the fridge, but return to room temperature to serve for the best flavour and texture.

PER SERVING 386 kcals, protein 4.3g, carbs 43g, fat 23g, sat fat 7g, fibre 1g, sugar 30g, salt 0.45g



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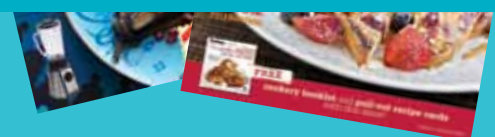
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# Celebrity cupcake guess who!

Nine dazzling cupcakes, designed by top chefs – but can you guess who baked what? Turn the page over to see which celebrity designed each fun cupcake!

Photographs GARETH MORGANS

Make your own  
cupcakes on  
page 106!



1 Football fun



2 Chef's hat



3 Norwich City



4 Share your  
good fortune



5 Toffee apples



6 Muffin  
the Moo



7 Maman's  
cooking pot



8 Pudsey's  
honey bees



9 Not a  
chocolate  
eclair

1 Gordon Ramsay • 2 Michel Roux Jr • 3 Delia Smith • 4 Anjum Anand • 5 Gary Rhodes • 6 John Torode • 7 Raymond Blanc • 8 Ainsley Harriott • 9 James Martin



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